SHARP

R-960N

R-990N(S)

R-960N / R-990N(S)

OPERATION MANUAL WITH COOK BOOK

MICROWAVE OVEN WITH SENSOR,GRILL AND CONVECTION

This operation manual contains important information which you should read carefully before using your microwave oven.
Important: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

850 W (IEC 60705)

Dear Customer,

Congratulations on acquiring your new microwave oven, which from now on will make your kitchen chores considerably easier.

You will be pleasantly surprised by the kinds of things you can do with your combined microwave oven. Not only can you use it for rapid defrosting or heating up of food, you can also prepare whole meals. The combination of microwave, hot air convection and grill means that food can cook and brown at the same time, and much faster, than by using the conventional method.

In our test kitchen our microwave team has gathered together a selection of the most delicious international recipes which are quick and simple to prepare.

Be inspired by the recipes we have included and prepare your own favourite dishes in your microwave oven.

There are so many advantages to having a microwave oven which we are sure you will find exciting:

- Food can be prepared directly in the serving dishes, leaving less to wash up.
- Shorter cooking times and the use of little water and fat ensure that many vitamins, minerals and characteristic flavours are preserved.

We advise you to read the cookery book guide and operating instructions carefully.

You will then easily understand how to use your oven.

Enjoy using your combined microwave oven and trying out the delicious recipes.
Your Microwave-Team.

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IMPORTANT SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

To avoid the danger of fire.

The microwave oven should not be left unattended during operation. Power levels that are too high, or cooking times that are too long, may overheat foods resulting in a fire.

This oven is designed for counter top or built-in use.

Do not place the oven in a cabinet. When the oven is to be built-in, the installation frame EBR-9900(SL) for R-960N and EBR-99ST for R-990N(S) licensed by SHARP must be used. This is available from your dealer. Refer to the frame installation instructions or ask your dealer for the proper instruction procedure. Only the use of this frame will guarantee the safety and quality of the product.

The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.

The AC power supply must be 220V, 50Hz, with a minimum 16A distribution line fuse, or a minimum 16A distribution circuit breaker.

A separate circuit serving only this appliance should be provided.

Do not place the oven in areas where heat is generated. For example, close to a conventional oven.

Do not install the oven in an area of high humidity or where moisture may collect.

Do not store or use the oven outdoors.

If smoke is observed, switch off or unplug the oven and keep the door closed in order to stifle any flames.

Utensils should be checked to ensure that they are suitable for use in the oven. See Page 38-39. Use only microwave safe containers and utensils on microwave modes.

When heating food in plastic or paper containers, keep an eye on the oven due to the possibility of ignition.

Clean the waveguide cover, the oven cavity, the turntable and turntable support after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.

Do not place flammable materials near the oven or ventilation openings.

Do not block the ventilation openings.

Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.

Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire.

To make popcorn, use only special microwave popcorn makers.

Do not store food or any other items inside the oven.

Check the settings after you start the oven to ensure the oven is operating as desired.

To avoid overheating and fire, special care must be taken when cooking or reheating foods with a high sugar or fat content, for example, Sausage rolls, Pies or Christmas pudding.

See the corresponding hints in operation manual and the cookery book section.

To avoid the possibility of injury

WARNING:

Do not operate the oven if it is damaged or malfunctioning. Check the following before use:

a) The door; make sure the door closes properly and ensure it is not misaligned or warped.
b) The hinges and safety door latches; check to make sure they are not broken or loose.
c) The door seals and sealing surfaces; ensure that they have not been damaged.
d) Inside the oven cavity or on the door; make sure there are no dents.
e) The power supply cord and plug; ensure that they are not damaged.

If the door or door seals are damaged, the oven must not be operated until it has been repaired by a competent person.

Never adjust , repair or modify the oven yourself. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

Do not operate the oven with the door open or alter the door safety latches in any way.

Do not operate the oven if there is an object between the door seals and sealing surfaces.

Do not allow grease or dirt to build up on the door seals and adjacent parts. Clean the oven at regular intervals and remove any food deposits. Follow the instructions for "Care and Cleaning" on page 35. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

To avoid the possibility of electric shock

Under no circumstances should you remove the outer cabinet.

Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call an authorised SHARP service agent.

Do not immerse the power supply cord or plug in water or any other liquid.

Do not let the power supply cord hang over the edge of a table or work surface.

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IMPORTANT SAFETY INSTRUCTIONS

Keep the power supply cord away from heated surfaces, including the rear of the oven.
Do not attempt to replace the oven lamp yourself or allow anyone who is not an electrician authorised by SHARP to do so. If the oven lamp fails, please consult your dealer or an authorised SHARP service agent.
If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by an authorised SHARP service agent.

To avoid the possibility of explosion and sudden boiling:

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.
Microwave heating of beverages can result in delayed eruptive boiling, therefore care must be taken when handling the container.

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off.
Take care when microwaving liquids. Use a wide-mouthed container to allow bubbles to escape.

Never heat liquids in narrow necked containers such as baby bottles, as this may result in the contents erupting from the container when heated and cause burns.

To prevent sudden eruption of boiling liquid and possible scalding:

1. Do not use excessive amount of time (See page 46).
2. Stir liquid prior to heating/reheating.
3. It is advisable to insert a glass rod or similar utensil (not metal) into the liquid whilst reheating.
4. Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling.

Do not cook eggs in their shells, and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

To avoid the possibility of burns

Warning: The contents of feeding bottles and baby food jars must be stirred or shaken and the temperature checked before consumption, in order to avoid burns.

Use pot holders or oven gloves when removing food from the oven to prevent burns.
Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns and eruption of boiling.

To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly. Accessible parts may become hot during use. Young children should be kept away.

Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.
Always stand back from the oven door when opening it to avoid burns from escaping steam and heat.
Slice stuffed baked foods after heating to release steam and avoid burns.

To avoid misuse by children

Warning:
Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.
When the appliance is operated in the **GRILL, CONVECTION, SIMUL, EXPRESS COOK, POTATO** and **INSTANT ACTION** modes, children should only use the oven under adult supervision due to the temperature generated.
This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
Children should be supervised to ensure that they do not play with the appliance.

Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.
Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot.

Other warnings

Never modify the oven in any way.

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IMPORTANT SAFETY INSTRUCTIONS

Do not move the oven while it is in operation.
This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.

To promote trouble-free use of your oven and avoid damage.

Never operate the oven when it is empty except where recommended in the operation manual, see Page 13. Doing so may damage the oven.
When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and turntable support due to heat stress. The preheating time specified in the dishes instructions must not be exceeded.
Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.
Use only the turntable and the turntable support designed for this oven. Do not operate the oven without the turntable.
Do not place anything on the outer cabinet during operation.

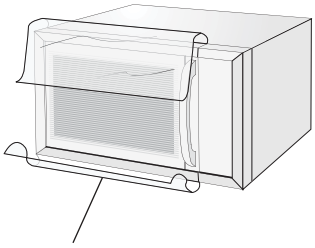
Do not use plastic containers for microwaving if the oven is still hot from using the **GRILL** mode, **CONVECTION** mode, **SIMUL** mode, **EXPRESS COOK**, **POTATO** and **INSTANT ACTION** operations, because they may melt. Plastic containers must not be used during above modes unless the container manufacturer says they are suitable.

NOTE:

If you are unsure how to connect your oven, please consult an authorised, qualified electrician.
Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.
Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.
The cooking times given in the cook book are just for your guidance, and will vary according to altitude, food structure or food size.

INSTALLATION

1. Remove all packing materials from the inside of the oven cavity. Discard the loose polythene sheet from between the door and cavity. Remove the feature sticker, if attached, from the outside of the door.



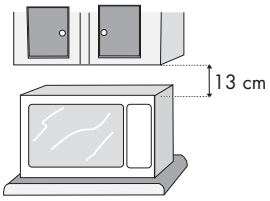
Remove this film.

2. Check the oven carefully for any signs of damage.
3. Place the oven on a flat, level surface strong enough to support the oven's weight plus the heaviest item likely to be cooked. This oven is designed for countertop or built-in use. Do not place the oven in a cabinet. When building the oven into a kitchen unit,see "To avoid the danger of fire" on page 2.

4. The oven door may become hot during cooking. Place or mount the oven so that the bottom of the oven is 85 cm or more above the floor. Keep children away from the door to prevent them burning themselves.

5. Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.

6. Ensure there is a minimum of free space above the oven of 13 cm.



7. Securely connect the plug of the oven to a standard earthed (grounded) household electrical outlet.

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INSTALLATION

WARNING - THIS APPLIANCE MUST BE EARTHED.

If the socket outlet in your house is not compatible with the pulg supplied, cut-off the mains plug and fit an appropriate type, observing the wiring cord below.

If you are unsure how to do this get help from an electrician.

IMPORTANT - The wires in the power supply cord are coloured in accordance with the following cord:

Green-and-yellow	:	Earth
Blue	:	Neutral
Brown	:	Live

As the colours of the wires in the power supply cord of this appliance may not correspond with the coloure marking identifying the terminals in your plug, proceed as follows:

The wire which is coloured green-and-yellow must be connected to the terminal in the plug which is marked with the letter E or by the earth symbol ⏚ or coloured green or green-and-yellow.

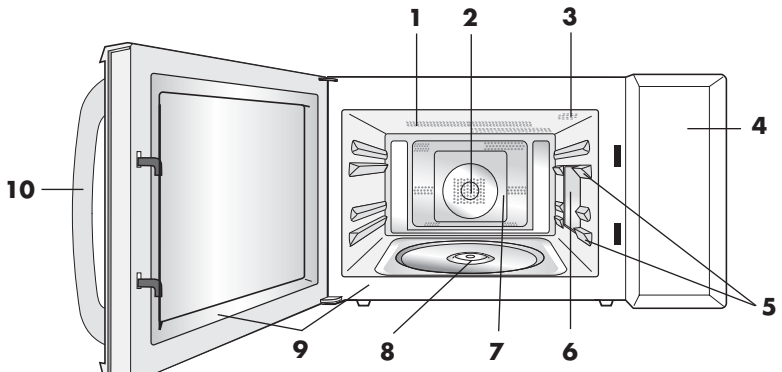
The wire which is coloured blue must be connected to the terminal which is marked with the letter N or coloured blue.

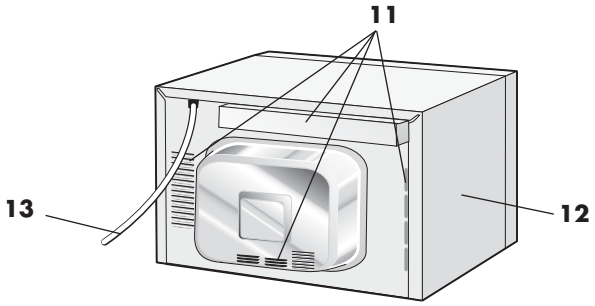
The wire which is coloured brown must be connected to the terminal which is marked with the letter L or coloured brown.

Make sure the terminal screws are properly tightened and the power supply cord is held tightly by the cable grip where it enters the plug.

NOTE: Under no circumstances should the cut-off plug be inserted into a socket outlet as a serious electric shock may occur.

OVEN AND ACCESSORIES





1 Grill heating element
2 Convection heating element
3 Oven lamp
4 Control panel
5 Shelf runners
6 Waveguide cover
7 Oven cavity
8 Coupling
9 Door seals and sealing surfaces
10 Door opening handle
(R-960N has a different design.)
11 Air-vent openings
12 Outer cabinet
13 Power cord

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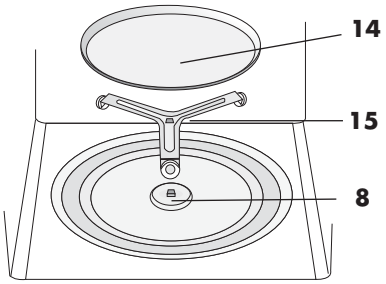
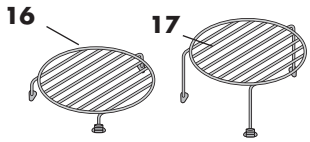
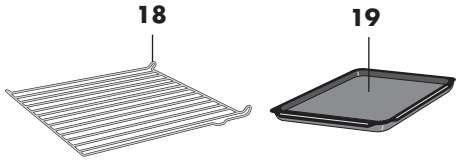
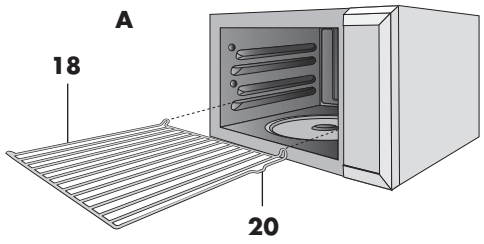
OVEN AND ACCESSORIES









ACCESSORIES

Check to make sure the following accessories are supplied:

14 Turntable
15 Turntable support
16 Low Rack (hight: 4 cm)
17 High Rack (hight: 15,5 cm)
18 Square shelf
19 Square Tin
20 Shelf locator.

- Place the turntable support into the coupling in the centre of the oven floor, ensuring you place it TOP side up, (TOP is engraved on one side). It should be able to freely rotate around the coupling.
- Place the turntable on to the turntable support.
- Place the high/low racks onto the turntable if necessary. These racks are used for cooking in Convection, Simul or Grill mode.
- Use the square shelf and square tin for convection only. See page 15. When using the square shelf or square tin, place them onto the shelf runners as shown in Fig. A. When using the square shelf, ensure the shelf locator is on the right side.

NOTES:

- Always operate the oven with the turntable and support fitted correctly. This promotes thorough even cooking. A badly fitted turntable may rattle, may not rotate properly and damage the oven.
- The turntable rotates clockwise or counter clockwise. The rotary direction may change each time you start the oven. This does not affect cooking performance.
- When you order accessories, please mention two details: part name and model name to your dealer or SHARP authorised service facility.

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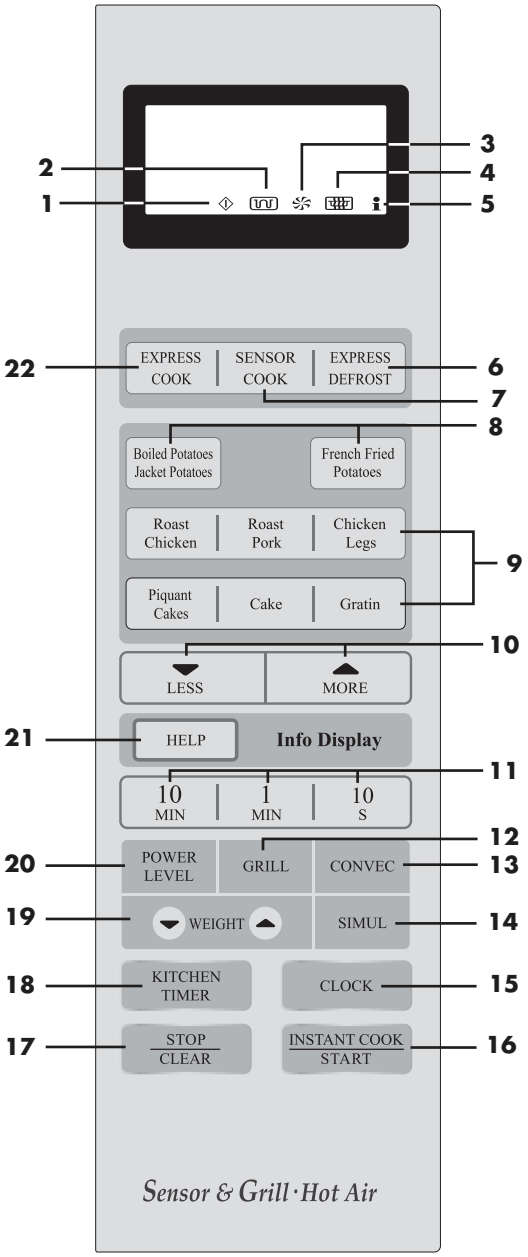
CONTROL PANEL

R-960N



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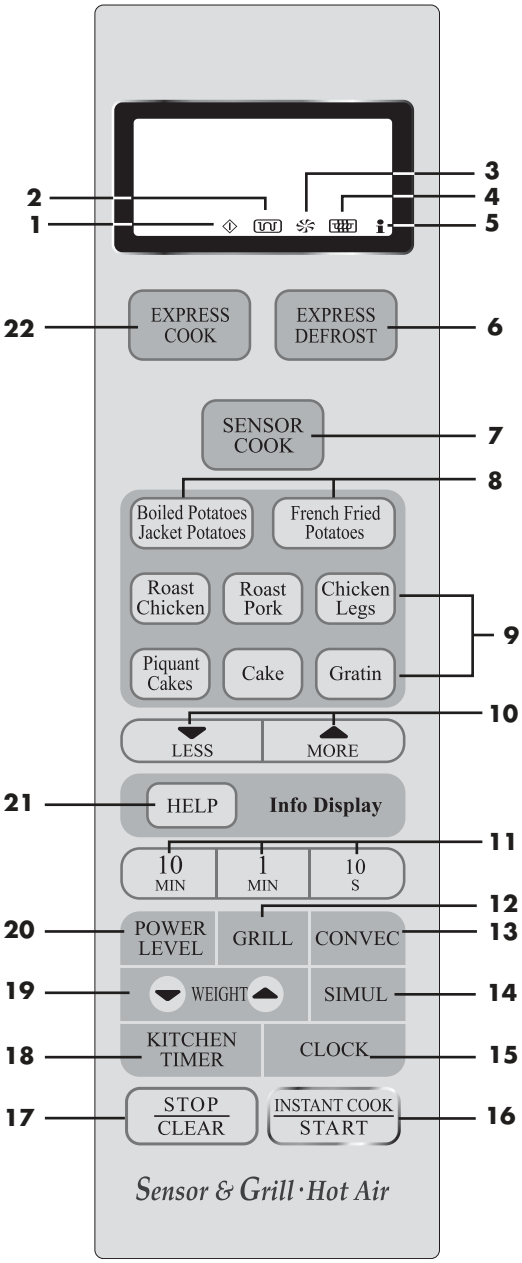

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CONTROL PANEL

CONTROL PANEL

Digital display and indicators:

1 COOKING IN PROGRESS indicator
2 GRILL indicator
3 CONVECTION indicator
4 MICROWAVE indicator
5 INFO indicator

Operating keys:

6 EXPRESS DEFROST key
7 SENSOR COOK key
8 POTATO keys
9 INSTANT ACTION keys
10 LESS/MORE keys
11 TIME keys
12 GRILL key
13 CONVECTION key
By pressing this key you can adjust the convection temperature.
14 SIMUL key
The are two Simul modes:
Microwave and Convection
Microwave and Grill
15 CLOCK key
16 INSTANT COOK / START key
17 STOP / CLEAR key
18 KITCHEN TIMER key
19 WEIGHT keys
20 POWER LEVEL key
By pressing this key you can adjust the Microwave power level.
21 HELP key **(Info Display)**
22 EXPRESS COOK key

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BEFORE OPERATION

Your oven has an energy save mode.

1. Plug in the oven. Nothing will appear on the display at this time.

2. Open the door.
The oven display will show "ENERGY SAVE MODE TO GO OUT OF ENERGY SAVE MODE SET CLOCK".

3. Close the door. The display will show ".0".

COOKING HINTS:

The oven has an 'Information Display System' which offers you step by step instructions to easily guide you through each feature. The oven has the **HELP** key for getting instructions for each key. Indicators will appear in the display, after pressing a key, to inform you of the next operation step.

NOTE:

In the following explanations of operation you will find the operating keys of model R-990N(S).
For R-960N the Digital Display, Indicators and Operating Keys are the same.

USING THE STOP KEY

Use the **STOP / CLEAR** key to:

1. Erase a mistake during programming.

2. Stop the oven temporarily during cooking.

3. Cancel a programme during cooking, press the **STOP / CLEAR** key twice.

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SETTING THE CLOCK

There are two setting modes: 12 hour clock and 24 hour clock.

Step 1

x1

Step 2

x2

1. To set the 12 hour clock, press the **CLOCK** key once as in Step 1.
2. To set the 24 hour clock, press the **CLOCK** key twice as in Step 2 .

Example:
To set the 24 hour clock to 23:35.

1. Choose the 24 hour clock by pressing the **CLOCK** key twice.

x2

2. Input the hours. Press the **TIME** keys until the correct hour is displayed (23).

x2

x3

3. Change from hours to minutes by pressing the **CLOCK** key once.

x1

4. Input the minutes (35). Press the **TIME** keys.

x3

x5

5. Press the **CLOCK** key to start the clock.

x1

Check the display.

NOTES:

1. Press the **STOP / CLEAR** key if you make a mistake during programming.
2. If the oven is in cooking or timer process and you wish to know the time of day, press the **CLOCK** key. As long as your finger is pressing the key, the time of day will be displayed.
3. If the electrical power supply to your microwave oven is interrupted, plug in the oven again, then open and close the door. The display will show ". 0". If this occurs during cooking, the programme will be erased. The time of day will also be erased.
4. When you want to reset the time of day, follow the above example again.
5. If you do not want to set the clock, press the **STOP / CLEAR** key once. [. 0] will appear on the display. When the operation of the oven is finished, [. 0] will reappear on the display instead of the time of day.
6. If you set the clock, energy save mode does not work.

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ENERGY SAVE MODE

Your oven comes set for the energy save mode.
If you do nothing for 3 minutes after a preceding operation, i.e. closing the door or at the end of cooking, the power will go off automatically. To restore power on, open the door.
To start energy save mode, follow the instructions below.

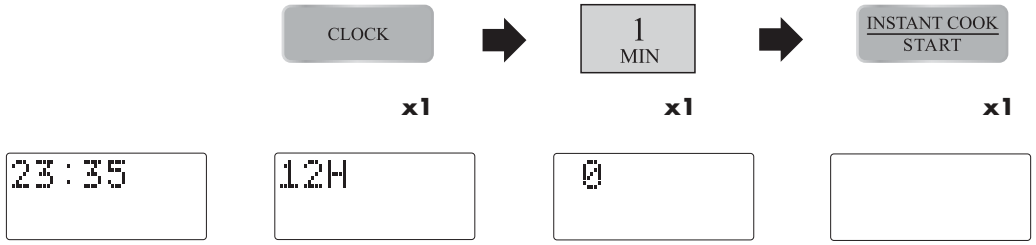
Example:
To start the energy save mode, (the current time is 23:35):

1. Make sure the correct time appears on the display.

2. Press the **CLOCK** key once.

3. Press the **1 MIN** key once and make sure 0 appears on the display

4. Press **INSTANT COOK / START** key. The power will be off and the display will show nothing.



NOTE: You can press the **CLOCK** key twice at step 2.

MICROWAVE POWER LEVELS

Your oven has 5 power levels. To choose the power level for cooking, follow the advice given in the recipe section. Generally the following recommendations apply:
100P used for fast cooking or reheating e.g. soup, casseroles, canned food, hot beverages, vegetables, fish, etc.
70P used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes. At this reduced setting, the sauce will not boil over and food will cook evenly without over cooking at the sides.
50P for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender.
30P (Defrost setting) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.
10P for gentle defrosting, eg. cream gateaux or pastry.

P= Percentage

To set the microwave power level :
1. Input the time by pressing the **TIME** keys.
2. Press the **POWER LEVEL** key until the desired power level appears on the display. (If the **POWER LEVEL** key is touched once, 100 P will be displayed. If you miss your desired level, continue pressing the **POWER LEVEL** key until you reach the level again).
3. Press the **INSTANT COOK / START** key.
NOTE: If the power level is not selected, 100P is automatically set.

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MICROWAVE COOKING

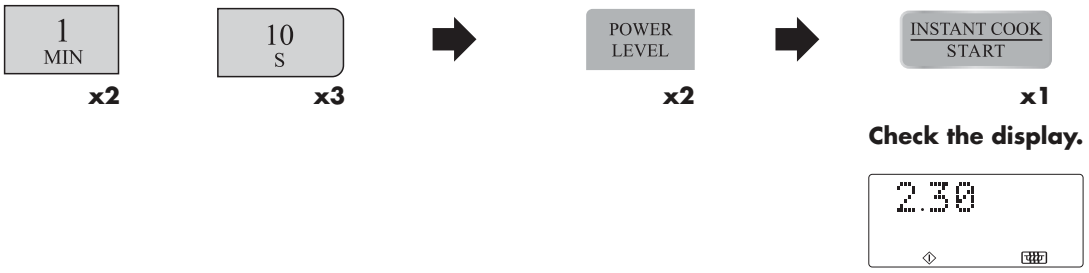
Your oven can be programmed for up to 99 minutes and 90 seconds (99.90).

Example:
Suppose you want to heat soup for 2 minutes and 30 seconds on 70P microwave power.

1. Enter the cooking time by pressing the **TIME** keys.

2. Press the **POWER LEVEL** key twice for 70P microwave power.

3. Press the **INSTANT COOK / START** key once to start cooking.



NOTES:

1. When the door is opened during the cooking process, the cooking time on the digital display stops automatically. The cooking time starts to count down again when the door is closed and the **INSTANT COOK / START** key is pressed.

2. If you wish to know the power level during cooking, press the **POWER LEVEL** key. As long as your finger is pressing the **POWER LEVEL** key, the power level will be displayed.

3. When the operation of the oven has finished, the time of day will reappear, if set, on the display.

WARNING:
Never use the square shelf and square tin for microwave cooking and simul cooking as this may cause arcing.

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HEATING WITHOUT FOOD

You may detect smoke or a burning smell when using the grill and convection for the first time. This is normal and not a sign that the oven is out of order.
To avoid this problem, when first using the oven, heat the oven without food for 20 minutes on grill and then at convection 250°C.
IMPORTANT: During operation, to allow smoke or smells to disperse open a window or switch the kitchen ventilation on. Make sure there is no food in the oven.

1. Enter the required heating time. (20 min.) by pressing the **10 MIN** key twice.

2. Select **GRILL** or **CONVECTION**.

3. Start operation by pressing the **INSTANT COOK / START** key.

The oven will count down. When the oven has finished cooking, open the door to cool the oven cavity.

WARNING:
The oven door, outer cabinet, oven cavity and accessories will become hot. Take care to avoid burns when cooling the oven down after operation.

GRILL COOKING

The grill heating element at the top of the oven cavity has one power setting only.

Example: Suppose you want to cook cheese on toast for 5 minutes (Place toast on the high rack.)

1. Enter the cooking time by pressing the **1 MIN** key five times.

2. Select the grill mode by pressing the **GRILL** key once.

3. Press the **INSTANT COOK / START** key to start cooking.

1. The high or low racks are recommended when grilling. It is not recommended to use the square shelf and square tin for grilling.
2. You may detect smoke or a burning smell when using the grill for the first time, this is normal and not a sign that the oven is out of order. (Please see heating without food below.)
3. After cooking the display may show "NOW COOLING".

WARNING:
The oven cavity, door, outer cabinet, accessories and dishes will become very hot, always use thick oven gloves when removing the food or turntable from the oven to prevent burns.

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CONVECTION COOKING

Your oven can be used as a conventional oven using the convection facility and 10 pre-set oven temperatures. Preheating is recommended for better results (especially when using the square shelf or the square tin).

Press **CONVECTION** key	1	2	3	4	5	6	7	8	9	10
Oven Temp (°C)	250	230	220	200	190	180	160	130	100	40

Example 1: To cook with preheating
Suppose you want to pre-heat to 200°C and cook for 20 minutes at 200°C.

1. Enter the desired preheat temperature by pressing the **CONVECTION** key four times. The display will show 200°C.

2. Press the **INSTANT COOK / START** key to start pre-heating.

When the pre-heated temperature has been reached the audible signal sounds, the display will show 200°C, open the door and place the food inside the oven. Close the door.

3. Enter the cooking time by pressing the **10 MIN** key twice (20 mins).

4. Press the **INSTANT COOK / START** key.

Check the display.

NOTES:

1. When the oven is preheated the turntable should be in the oven.
2. After preheating, if you want to cook at a different temperature press the **CONVECTION** key until the desired setting appears on the display. In the example above, to change the temperature you would press the **CONVECTION** key after entering the cooking time.
3. When the oven reaches the programmed preheating temperature, it will automatically hold at the pre-heated temperature for 30 minutes. After 30 minutes the display will change to time of day, if set. The selected convection programme will be cancelled.
4. After cooking the oven will automatically cool and the display may show "NOW COOLING" .
5. To get the best results when following pack instructions for convection, please follow the instructions for "conventional oven".
6. When you cook using the shelf in the lower position with the square metal tray, rotate the food 180° halfway through cooking.

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CONVECTION COOKING

Example 2: To cook without preheating
Suppose you want to cook at 250°C for 20 minutes.

1. Enter the cooking time by pressing the **10 MIN** key twice (20 mins).

x2

2. Select the desired cooking temperature. (250°C).

x1

3. Press the **INSTANT COOK / START** key.

x1

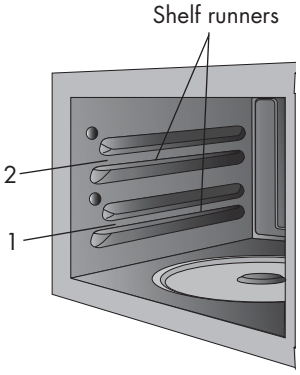
Check the display.

NOTES:
1. After cooking the oven will automatically cool and the display may show "NOW COOLING".
2. To change the convection temperature, press the **CONVECTION** key until the desired temperature appears on the display.
3. You may detect smoke or a burning smell when using convection for the first time. This is normal and is not a sign that the oven is out of order. (Please see Heating Without Food on page 13).

WARNING:
The oven cavity, door, outer cabinet, accessories and dishes will become very hot, always use thick oven gloves when removing the food or turntable from the oven to prevent burns.

SPECIAL NOTES FOR SQUARE SHELF & SQUARE TIN:
1. When using either the square shelf or the square tin, place it at position 1. When using both of them, place the square tin at position 1 and the square shelf at position 2 as shown in the diagram.
2. When using the square shelf and/or the sqaure tin, leave the turntable in the oven.
3. When using the square shelf or the square tin, rotate the square tin or the container on the square shelf 180˚ halfway to achieve better results.
4. When using the square shelf follow the notes below to prevent them slipping out:
- Do not place container with food weighing more than 5 kg on the square shelf.
- Ensure that the square shelf is in the correct position and does not rattle.
- When removing the food, pull the square shelf until it is slightly locked, and then remove the food.

5. Some recipes for using the square shelf or the square tin are included in this operation manual. Please refer to pages 33-34.
6. To get the best results when following pack instructions for convection, please follow the instructions for "conventional oven".



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SIMUL COOKING

Your oven has 2 **SIMUL** cooking modes combining the heat of the convection or grill with the power of the microwave.
To select the **SIMUL** cooking mode, choose the cooking time, then press the **SIMUL MODE** key to select the desired setting. Generally, SIMUL cooking time shortens the total cooking time.

Press **SIMUL MODE** key		Cooking method	Microwave Power Range	Symbol
SIMUL 1	SIMUL x1	MICRO 30P CONV 250°C	10P - 70P	
SIMUL 2	SIMUL x2	MICRO 30P GRILL	10P - 100P	

NOTES:
- To adjust the microwave power, press the **POWER LEVEL** key.
- To adjust the convection temperature, press the **CONVECTION** key until the desired temperature appears on the display.
- For **SIMUL 1** the oven temperature can be changed from 40°C to 250°C in ten levels.

Example 1:
Suppose you want to cook for 20 minutes on SIMUL 1 using 10P microwave power and 200°C convection.

1. Enter the desired cooking time by pressing the **10 MIN** key twice (20 minutes).

10 MIN **x2**

2. Select the cooking mode by pressing the **SIMUL MODE** key once.

SIMUL **x1**

3. Press the **POWER LEVEL** key once (10P).

POWER LEVEL **x1**

4. Press **CONVECTION** key three times (200°C).

CONVEC **x3**

5. Press the **INSTANT COOK / START** key.

INSTANT COOK / START **x1**

Check the display.

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SIMUL COOKING

Example 2:
Suppose you want to cook for 20 minutes on SIMUL 2 using 10P microwave power and GRILL.

1. Enter the desired cooking time by pressing the **10 MIN** key twice (20 min).

x2

2. Select the cooking mode by pressing the **SIMUL MODE** key twice.

x2

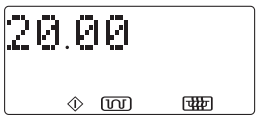
3. Press the **POWER LEVEL** key once (10P).

x1

4. Press the **INSTANT COOK / START** key.

x1

Check the display.



NOTE: After cooking, the oven will automatically cool and the display may show "NOW COOLING".

WARNINGS:
1. **The oven cavity, door, outer cabinet, accessories and dishes will become very hot, use thick oven gloves when removing the food or turntable from the oven to prevent burns.**
2. Never use the square shelf and square tin for microwave cooking and Simul cooking as this may cause arcing.

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OTHER CONVENIENT FUNCTIONS

1. MULTIPLE SEQUENCE COOKING

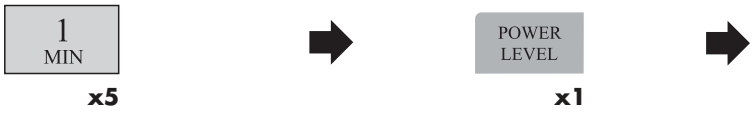
A maximum of 4 sequences can be input, consisting of manual cooking time and mode.

Example:
To cook: 5 minutes on 100P power (Stage 1)
16 minutes on 30P power (Stage 2)

STAGE 1

1. Enter the desired cooking time by pressing the **1 MIN** key 5 times.

2. Choose the desired power level by pressing the **POWER LEVEL** key once.



STAGE 2

3. Enter the desired cooking time by pressing the **10 MIN** key once and the **1 MIN** key 6 times.

4. Choose the desired power level by pressing the **POWER LEVEL** key four times.

5. Press the **INSTANT COOK / START** key once to begin cooking.

Check the display

(The oven will begin to cook for 5 minutes on 100P, and then for 16 minutes on 30P).

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OTHER CONVENIENT FUNCTIONS

2. LESS (▼) / MORE (▲) key
The **LESS** (▼) and **MORE** (▲) keys allow you to decrease or increase programmed setting times easily, (for a less well or more well cooked result) when cooking is underway.

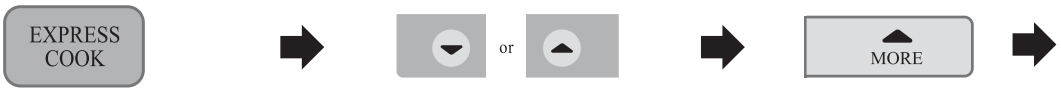
a) Choosing EXPRESS COOK/EXPRESS DEFROST with LESS/MORE:
Press the **LESS** (▼) and **MORE** (▲) key after entering weight and before pressing the **INSTANT COOK / START** key.

Example: Suppose you want to cook 0.2 kg Frozen Gratin using the **EXPRESS COOK** and **MORE** (▲) key.

1. Choose the **EXPRESS COOK** menu for Frozen Gratin by pressing the **EXPRESS COOK** key 3 times.

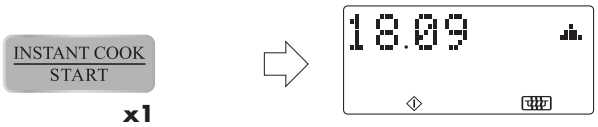
2. Press the **WEIGHT** keys until the correct weight appears in the display (0.2 kg).

3. Choose the desired result (well cooked) by pressing the **MORE** (▲) key once.



4. Press the **INSTANT COOK / START** key once to begin cooking.

Check the display



b) Choosing SENSOR COOK/POTATO/INSTANT ACTION with LESS/MORE:
Press the **LESS** (▼) and **MORE** (▲) key just after selecting the menu (within two seconds).

Example: Suppose you want to cook 0.2 kg Thin French Fried Potatoes using the **POTATO** and **LESS** (▼) key.

1. Choose the **POTATO** menu and quantity by pressing the **FRENCH FRIED POTATO** key once.

2. Choose the desired result (less cooked for thin type) by pressing the **LESS** (▼) key once within 2 seconds.

The oven starts automatically.

Check the display.

NOTES:
To cancel **LESS** or **MORE** press the same key again.
To change **MORE** to **LESS** simply press the **LESS** (▼) key.
To change **LESS** to **MORE** simply press the **MORE** (▲) key.

c) Changing the heating time while the oven is operating:
During the manual cooking process, the cooking time can be decreased or increased in 1 minute steps each time the **LESS** (▼) and **MORE** (▲) keys are pressed.
NOTE: You can this function for manual cooking only.

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OTHER CONVENIENT FUNCTIONS

3. +1min function

The **INSTANT COOK / START** key allows you to operate the two following functions:

a) Direct start

You can directly start cooking on 100P microwave power for 1 minute by pressing the **INSTANT COOK / START** key.

NOTE:

To avoid the misuse by children the **INSTANT COOK / START** key can be used only within 3 minutes after preceding operation, i.e., closing the door, pressing the **STOP / CLEAR** key or cooking completion.

b) Extend the cooking time

You can extend the cooking time for multiples of 1 minute if the **INSTANT COOK / START** key is pressed while the oven is in operation.

NOTE: You can this function for manual cooking only.

4. TO CHECK SETTINGS WHILE THE OVEN IS OPERATING

You can check the power level and the actual oven temperatures while the oven is in operation ie: when pre-heating.

TO CHECK THE POWER LEVEL:

To check the microwave power level during cooking press the **POWER LEVEL** key.
The oven continues to count down, although the display shows the power level.

As long as your finger is pressing the key, the power level will be displayed.

TO CHECK THE CONVECTION TEMPERATURE:

To check the convection temperature during cooking press the **CONVECTION** key.
When the oven is pre-heating, you can check the actual oven temperature.

As long as your finger is pressing the key, the convection temperature in °C will be displayed.

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OTHER CONVENIENT FUNCTIONS

5. HELP key

Each button carries useful information. If you wish to get the information, press the **HELP** key before pressing the desired key.

Example:
Suppose you want to get information about **INSTANT ACTION**, Roast chicken:

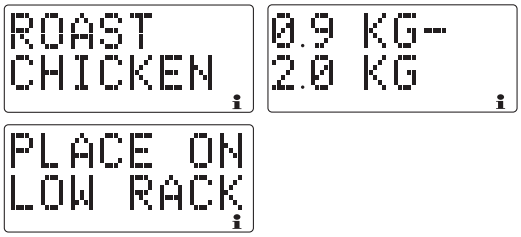
NOTE:
1. The information message will be repeated twice, and then the display will show the time of day, if set.
2. If you want to cancel the information press the **STOP / CLEAR** key.

x1

1. Choose the **HELP** key function.

x1

2. Press the **INSTANT ACTION** key for Roast Chicken.



6. TIMER FUNCTION

You can use the timer for timing where microwave cooking is not involved for example, to time boiled eggs cooked on a conventional hob.

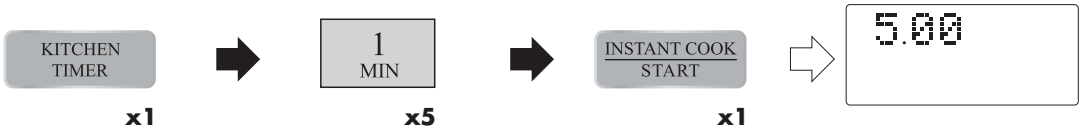
Example:
To set the timer for 5 minutes.

1. Press the **TIMER** key once.

2. Press the **1 MIN** key five times.

3. Press the **INSTANT COOK / START** key to start the timer.

Check the display



x1 **x5** **x1**

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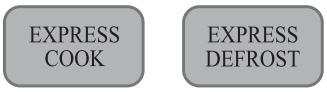
EXPRESS COOK & EXPRESS DEFROST

The **EXPRESS COOK** and **EXPRESS DEFROST** functions automatically work out the correct cooking mode and cooking time. You can choose from 3 **EXPRESS COOK** menus and 7 **EXPRESS DEFROST** menus.



Warning:
For EXPRESS COOK:
The oven cavity, door, outer cabinet, accessories and dishes will become very hot. Use thick oven gloves when removing food or the turntable from the oven to prevent burns.

What you need to know when using **EXPRESS COOK** and **EXPRESS DEFROST**:

1. Enter the menu by pressing the **EXPRESS COOK** or **EXPRESS DEFROST** key until the desired menu number appears in the display. (See pages 23-24)

2. The weight or quantity of the food can be input by pressing the **WEIGHT** keys until the desired weight/quantity is displayed.

- Enter the weight of the food only. Do not include the weight of the container.
- For food weighing more or less than weights/ quantities given in the cooking charts, cook manually.

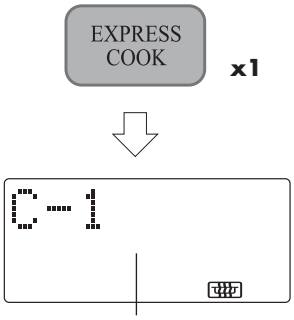
3. The programmed cooking times are average times. If you want to alter cooking times pre-programmed in the automatic operations, use the **LESS** (▼) or **MORE** (▲) buttons. See page 19 for details. For best results, follow cooking chart instructions.

4. To start cooking press **INSTANT COOK / START** key.

When action is required (e.g. to turn food over) the oven stops and the audible signals sound, the display shows the necessary action. To continue cooking, press the **INSTANT COOK / START** key.

The final temperature will vary according to the initial temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking time and change the power level.

1.



Menu Number

2.

WEIGHT keys

3.

LESS/MORE keys

4.

INSTANT COOK / START key

NOTE: Please refer to the menu label for list of **EXPRESS COOK** and **EXPRESS DEFROS**T menus and weight ranges.

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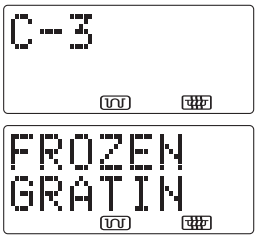
EXPRESS COOK & EXPRESS DEFROST

Example: Suppose you want to cook 0.2 kg of Frozen Gratin using EXPRESS COOK.

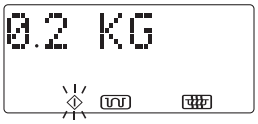
1. Press the **EXPRESS COOK** key 3 times to select Frozen Gratin.

x3



2. Enter the weight by pressing the **WEIGHT** keys until the desired weight is displayed.

x5 **x1**



3. Press the **INSTANT COOK / START** key to start cooking.

x1

Check the display.

EXPRESS COOK CHART

MENU NO.	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
C-1 Cook Frozen Ready Meals (initial temp -18°C) Stirrable type (e.g. Noodles Bolognese, Chinese Menus.)	0.3 - 1.0 kg* (100 g) Casserole dish & lid * If the manufacturer instructs to add water, please calculate the total amount for the program with additional liquid.	• Transfer meal to suitable casserole dish. • Add some liquid if recommended by the manufacturer. • Cover with a lid. • When the audible signals sound, stir and re-cover. • After cooking, stir and let stand for approx. 1-2 minutes.
C-2 Cook Frozen Vegetables (initial temp -18°C) e.g. Brussel sprouts, cauliflower, peas, mixed vegetables, broccoli	0.1 - 0.8 kg (100 g) Casserole dish & lid	• Add 1tbsp water per 100 g. (For mushrooms no additional water is necessary). • Cover with a lid. • When the oven stops and the audible signals sound, stir and re-cover. • After cooking, let stand for approx. 1-2 minutes. **NOTE:** If frozen vegetables are compacted together, cook manually.
C-3 Cook Frozen Gratin (initial temp -18°C) e.g. Frozen lasagne, Potato gratin	0.2 - 0.6 kg (100 g) Gratin dish Low rack	• Remove the gratin from original container and place in a suitable gratin dish. • Add 3-4 tbsp water if necessary. • Do not cover. • Place on the low rack. • After cooking, let stand, covered in aluminium foil for approximately 5 minutes.

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EXPRESS DEFROST CHART

MENU NO.	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
D-1 Defrost Steaks, Chops (initial temp -18°C)	0.2 - 1.0 kg (100 g) Plate (see note on page 25)	• Place the food on a plate in the centre of the turntable. • When the oven stops and the audible signals sound, turn the food over, rearrange and separate. Shield the thin parts and warm spots with aluminium foil. • After defrosting, wrap in aluminium foil for 10-15 minutes, until thoroughly defrosted.
D-2 Defrost Meat Joint (initial temp -18°C)	0.6 - 2.0 kg (100 g) Plate (see note on page 25)	• Place a plate upside down on the turntable and put the meat on it. • When the oven stops and the audible signals sound, turn the food over. Shield the defrosted parts with aluminium foil. • If audible signals sound, turn the food over and shield again (for 1.1 kg - 2.0 kg). • After defrosting, cover with aluminium foil and stand for 15-30 minutes until thoroughly defrosted.
D-3 Defrost Minced Meat (initial temp -18°C)	0.2 - 1.0 kg (100 g) Cling film (see note on page 25)	• Cover the turntable with cling film. • Place the block of minced meat onto the turntable. • When the oven stops and the audible signals sound, turn the food over. Remove the defrosted parts if possible. • After defrosting, cover in aluminium foil for 5-10 minutes, until thoroughly defrosted.
D-4 Defrost Chicken Legs (initial temp -18°C)	0.2 - 1.0 kg (50 g) Plate (see note on page 25)	• Place the food on a plate in the centre of the turntable. • When the oven stops and the audible signals sound, turn the food over, rearrange and separate. Shield the thin parts and warm spots with aluminium foil. • After defrosting, wrap in aluminium foil for 10-15 minutes, until thoroughly defrosted.
D-5 Defrost Poultry (initial temp -18°C)	0.9 - 2.0 kg (100 g) Plate (see note on page 25)	• Place a plate upside down on the turntable and put the poultry breast side down on the plate. • When the oven stops and the audible signals sound, turnover and shield the thin parts and warm spots with aluminium foil. • After defrosting, cover with aluminium foil and stand for 15-30 minutes until thoroughly defrosted. • Finally clean the poultry under running water.
D-6 Defrost Cake (initial temp -18°C)	0.1 - 1.4 kg (100 g) Plate	• Remove all packaging from the cake. • Place on a plate in the centre of the turntable. • After defrosting, cut the cake into similar sized pieces. Keep space between each piece and let stand for 15-30 minutes until thoroughly defrosted.
D-7 Defrost Bread (initial temp -18°C)	0.1 - 1.0 kg (100 g) Plate	• Distribute on a plate in the centre of the turntable. Only sliced bread is recommended for this programme. • When the audible signals sound rearrange, and remove defrosted slices. • After defrosting separate all slices and distribute on a large plate. Cover the bread with aluminium foil and let stand for 5-10 minutes until thoroughly defrosted.

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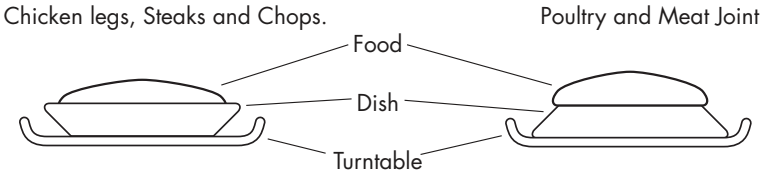
EXPRESS DEFROST NOTES

NOTES:

1 Steaks, Chops and Chicken legs should be frozen in one layer.
2 Minced meat should be frozen in the thin shape.
3 After turning over, shield the defrosted portions with small, flat pieces of aluminium foil.
4 The poultry and the minced meat should be processed immediately after defrosting.
5 For D-1, D-2, D-4 and D-5 arrange the food in the oven as shown:



SENSOR COOK

Your oven has a humidity sensor. The humidity sensor detects the vapour from the food and calculates the correct microwave power level and cooking time.
The **SENSOR COOK** key offers the possibility to easily cook 6 menus without entering the food quantity.
To select the sensor cook menu, touch the **SENSOR COOK** key until the desired menu is displayed.
The **SENSOR COOK** can only be input within 3 minutes after cooking completion, closing the door or pressing the **STOP / CLEAR** key.
Always refer to the **SENSOR COOK** chart on page 26 before operating this function.

NOTES:

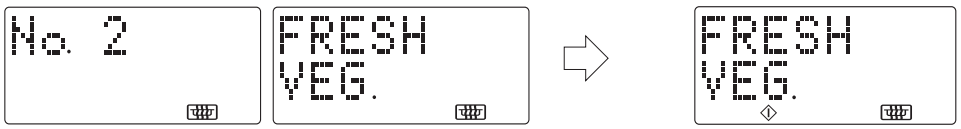
1. After the oven is plugged in, wait 2 minutes before using **SENSOR COOK**.
2. Once a **SENSOR COOK** programme has started, do not open the door or press the **STOP / CLEAR** key until the remaining cooking time appears on the display, unless following instructions to stir or turn over. During this time, Sensor technology senses humidity emitted from food as it heats and determines the cooking time. Opening the door or stopping the oven disturbs the humidity content and affects the cooking result.
3. Ensure food is thoroughly heated before serving. If additional heating is required, cook this manually.
4. Wipe off any moisture from the outside of cooking containers and the interior of the oven with a dry cloth or paper towel prior to cooking on **SENSOR COOK**.
5. If you want to alter the cooking results, press the **LESS** (▼) or **MORE** (▲) keys after selecting the menu (See page 19 for details). For best results use the cooking chart instructions.
6. If food requires manipulation (i.e. turn over or stir) then open the door, follow the instruction, close the door and press the **INSTANT COOK / START** key.
7. To cook the food weighing more or less than the weights/quantities given in the cooking charts, cook using manual programmes.

EXAMPLE: Suppose you want to cook 300 g of fresh vegetables

1. Press the **SENSOR COOK** key twice to select Fresh Vegetables.

SENSOR COOK **x2**

After 2 seconds the oven starts automatically. When the sensor detects the vapour from the food, the remaining cooking time will appear.



NOTE: Please refer to the menu label for list of **SENSOR COOK** menus and weight ranges.

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SENSOR COOK CHART

<table>
<tr><th>MENU NO.</th><th>WEIGHT (Increasing Unit) / UTENSILS</th><th>PROCEDURE</th></tr>
<tr><td>No. 1
Casserole
(initial temp 5-20°C)</td><td>200 - 1000 ml
Cup or bowl (for more than 200 ml) & microwave plastic wrap</td><td>• Cover with microwave plastic wrap.
• Place the bowl in the border of the turntable.
• After cooking, stir and let stand covered for approx. 2 minutes.
NOTE: If you do not use plastic wrap with holes, pierce the wrap 5 times (for bowl) or twice (for cup) with a fork.</td></tr>
<tr><td>No. 2
Fresh vegetables
(initial temp 20°C)
e.g. Cauliflower, carrot, broccoli, fennel, leek, pepper, courgettes etc.</td><td>0.1 - 0.8 kg
Bowl & lid</td><td>• Cut into small pieces, e.g. strips, cubes or slices.
• Add the required amount of water (1 tbsp per 100 g).
• Cover with a lid.
• After cooking, stir and let the food stand for approx. 2 minutes.</td></tr>
<tr><td>No. 3
Rice (par-boiled)
(initial temp rice 20°C)
<table><tr><th>Rice</th><th>Boiling Water</th></tr><tr><td>100 g
200 g
300 g</td><td>250 ml
450 ml
650 ml</td></tr></table></td><td>0.1 - 0.3 kg
Big bowl & lid</td><td>• Place in a big bowl and add boiling water.
• Cover with a lid.
• Place the bowl in the center of the turntable
• When the oven stops and the audible signals sound, stir.
• When the oven stops and the audible signals sound, stir again.
• After cooking, let stand, covered for approx. 10 minutes.</td></tr>
<tr><td>No. 4
Pasta
(initial temp pasta 20°C)
<table><tr><th>Pasta</th><th>Boiling Water</th></tr><tr><td>100 g
200 g
300 g</td><td>250 ml
550 ml
800 ml</td></tr></table></td><td>0.1 - 0.3 kg
Big bowl & lid</td><td>• Place in a big bowl and add boiling water.
• Cover with a lid.
• Place the bowl in the center of the turntable
• When the oven stops and the audible signals sound, stir.
• When the oven stops and the audible signals sound, stir again.
• After cooking, let stand, covered for approx. 2-3 minutes.</td></tr>
<tr><td>No. 5
Fish fillets with sauce
(initial temp
Fish 5°C
Sauce 20°C)</td><td>0.4-1.6 kg*
fish: 0.2 - 0.8 kg
sauce: 0.2 - 0.8 kg
Quiche dish and microwave plastic wrap
* Total weight of fish and sauce</td><td>• Put the fish fillets in a quiche dish with the thin ends towards the centre.
• Spread prepared sauce on fish fillet.
• Cover with microwave plastic wrap.
• After cooking let stand, covered for approx. 2 minutes.
For sauce recipes, see page 27.</td></tr>
<tr><td>No. 6
Jam
(initial temp 20°C)</td><td>0.5 - 1.5 kg*
3.5 l casserole dish
* Total weight of fruit and jelly sugar</td><td>• Follow quantity in recipes on page 28.
• Defrost frozen fruits before cooking.
• No cover.
• When the oven stops and the audible signals sound, stir.
• When the oven stops and the audible signals sound again, mash or just stir.
• After cooking, fill into well cleaned glasses and cover with a twist-off-lid or with preserving film.
NOTE: Use a big casserole dish to prevent the food from spilling over.</td></tr>
</table>

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RECIPES FOR SENSOR COOK NO. 5 "FISH FILLETS WITH SAUCE"

Fish fillet with sauce - Cod fish fillet Provençal
Ingredients

20 g	butter
100 g	mushrooms cut in slices
1 clove	garlic (crushed)
50 g	spring onion
1 tin (825 g)	tinned tomatoes without juice, drain well
1 tsp	lemon juice
2 tbsp	tomato ketchup
1/2-1tsp	dried basil, salt and pepper
800 g	cod fish fillet

Preparation

1. Cook butter, mushrooms, onions and garlic together in a flan dish for 3-4 minutes on 100P.
2. Mix tomatoes, lemon juice, ketchup, basil, salt and pepper.
3. Place fish fillet on the vegetables and cover with sauce and some vegetables. Cover with microwave plastic wrap.
4. Cook on **SENSOR COOK No. 5** "Fish fillets with sauce".

Fishfillet with Leek and Cheese-sauce
Ingredients

50 g	butter
175 g	spring onion
1/2 tsp	dried Marjoram
40 g	flour
500 ml	milk
100 g	grated Gruyere, salt, pepper
1 tbsp	chopped parsley
800 g	fish fillet (e.g. coal fish)

Preparation

1. Put butter, onions and Marjoram in a casserole and heat for 3-4 minutes on 100P.
2. Stir in the flour and add the milk. Stir to a smooth sauce.
3. Cook for 3-4 minutes on 100P uncovered.
4. Stir in the cheese, season to taste.
5. Place the fish fillet in a quiche dish and pour the sauce over it. Cover with microwave plastic wrap.
6. Cook on **SENSOR COOK No. 5** "Fish fillets with sauce".
7. After cooking take out the fish and stir the sauce well.

Fish fillet with Piquant sauce
Ingredients

1 tin (825 g)	canned tomatoes, drain
1 tin (280 g)	corn
2-3 tsp	chilli sauce
40 g	onion, finely chopped
3 tsp	red wine vinegar
1/4 tsp	mustard
1 spice	thyme
1 spice	cayenne pepper
800 g	fish fillet (e.g. rosefish)

Preparation

1. Mix ingredients for the sauce.
2. Place fish fillet (e.g. Rosefish fillet) in a quiche dish and spread the sauce on fish fillet. Cover with microwave plastic wrap.
3. Cook on **SENSOR COOK No. 5** "Fish fillets with sauce".

Fishfillet with Curry sauce
Ingredients

40 g	butter
30 g	chopped almonds
1-2 tbsp	curry powder
30 g	flour (wholemeal)
40 g	raisins
200 g	pineapple (small pieces)
125 ml	broth
125 ml	pineapple juice
150 g	sour cream
100 g	peas (frozen), salt, pepper
800 g	fish fillet (coal fish)

Preparation

1. Heat butter, almonds and curry covered for 1-2 minutes on 100P.
2. Add the flour and stir very well.
3. Add raisins, pineapple, pineapple juice, broth and cream, stirring continuously.
4. Cook covered for 2-3 minutes. on 100P and stir after cooking.
5. Add the peas and stir.
6. Season with salt and pepper.
7. Place the fish in a quiche dish and pour over the sauce. Cover with microwave plastic wrap.
8. Cook on **SENSOR COOK No. 5** "Fish fillets with sauce".

NOTES:

1. These indications are for 1.6 kg. If you want to cook less than 1.6 kg you have to adjust (reduce) the ingredients for the sauce and also the cooking time for the preparation of the sauce.
2. If you want to make the sauce thicker for cod fillet provençal or fish fillet with piquant sauce, remove the fish after cooking and stir in some sauce thickening powder (please follow manufacturer's instructions).

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RECIPES FOR SENSOR COOK NO. 6 "JAM"

Kiwi - Banana Jam
Ingredients

525 g	Kiwi
225 g	Banana
250 g	Jelly sugar (preserving sugar with pectin, 1 sugar : 3 fruits)

Preparation
1. Peel kiwis and bananas and cut into small pieces.
2. Mix the fruits with preserving sugar with pectin and fill into an oval 3.5 l-glass form (pyrex).
3. Cook on **SENSOR COOK No. 6** "Jam".
4. After cooking fill into well cleaned glasses and cover with twist-off-lid or with preserving film.

Raspberry Jam
Ingredients

750 g	Raspberries
250 g	Jelly sugar (preserving sugar with pectin, 1 sugar : 3 fruits)

Preparation
1. Mix raspberries with preserving sugar with pectin and fill into an 3.5 l-glassform (pyrex).
2. Cook on **SENSOR COOK No. 6** "Jam".
3. After cooking fill into well cleaned glasses and cover with twist- off-lid or with preserving film.

Nectarine Jam
Ingredients

667 g	Nectarines
3 tbsp.	Lemon juice
333 g	Jelly sugar (preserving sugar with pectin, 1 sugar : 2 fruits)
4 tbsp.	Orange liqueur (for ex. Coitreau)

Preparation
1. Cut nectarines into small pieces.
2. Put them into an oval 3.5 l-glassform (pyrex).
3. Mix them with lemon juice and preserving sugar with pectin.
4. Cook on **SENSOR COOK No. 6** "Jam".
5. After cooking add orange liqueur, fill into well cleaned glasses and cover with twist-off-lid or with preserving film.

Mixed Berries Jam
Ingredients

667 g	Mixed berries (blackberry, blueberry, raspberry, currant, strawberry)
333 g	Jelly sugar (preserving sugar with pectin, 1 sugar : 2 fruits)

Preparation
1. Fill mixed berries and preserving sugar with pectin into an oval 3.5 l-glassform (pyrex) and mix them.
2. Cook on **SENSOR COOK No. 6** "Jam".
3. After cooking fill into well cleaned glasses and cover with twist-off-lid or with preserving film.

NOTE:
1. Please follow the instructions in the SENSOR COOK chart on page 25.
2. These instructions are for 1.0 kg. If you want to cook other weights, adjust the ingredients.

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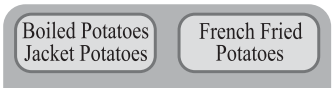
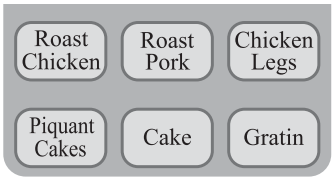
POTATO/INSTANT ACTION

The **POTATO/INSTANT ACTION** functions automatically work out the correct cooking mode and cooking time of the foods illustrated below.

POTATO keys



INSTANT ACTION keys



What you need to know when using **POTATO/INSTANT ACTION** :

1. Input the menu by pressing the desired key. The **POTATO/INSTANT ACTION** can only be input within 3 minutes after cooking completion, closing the door or pressing the **STOP / CLEAR** key.

2. To increase the weight press the selected key until the desired weight is displayed. Enter the weight of the food only. Do not include the weight of the container.
For food weighing more or less than the weights/quantities given in the cooking charts, cook using manual operation.

3. The programmed cooking times are average times. If you want to alter the cooking times of **POTATO/INSTANT ACTION**, use the **LESS** (▼) or **MORE** (▲) keys after selecting the menu and weight (see page 19 for details). For best results use the cooking chart instructions.

4. The oven will start to cook instantly after the weight has been input.

WARNING:
The oven cavity, door, outer cabinet, accessories and dishes will become very hot, always use thick oven gloves when removing the food or turntable from the oven to prevent burns.

NOTES:
When manipulation is required (eg: to turn food over) the oven will stop and the audible signal will sound, the display will show the necessary action. To continue cooking, press the **INSTANT COOK / START** key. The final temperature of the food will vary according to its initial temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking time. Always refer to the cooking charts given in the cookery book section.

Example: Suppose you want to cook 200 g of French Fried Potatoes (Thick type).

1. Choose the menu and quantity by pressing the **FRENCH FRIED POTATO** key once.

x1

The oven will instantly begin to cook.

NOTE: Please refer to the menu label for list of **POTATO/INSTANT ACTION** menus and weight ranges.

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POTATO CHART

MENU	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
Boiled/Jacket Potatoes (initial temp 20°C)	0.1 - 0.8 kg (100 g) Bowl & lid	• Peel the potatoes and cut them into similar sized pieces, if necessary. • Put them in a bowl. • Add the required amount of water (2 tbsp. per 100 g) and add a little salt. • Cover with lid. • When the audible signals sound, stir and recover. • After cooking, let stand for 1-2 minutes.
French Fried Potatoes (recommended for conventional ovens) (initial temp -18°C)	0.2 - 0.4 kg (50 g) Flat round gratin dish or Flan dish & high rack	• Place the french fried potatoes in a flan dish on the high rack. • When the audible signals sound, turn over. • After cooking, remove from the flan dish and serve on a plate. • Season with salt as desired. **NOTE:** Use the **MORE** (▲) key for cooking thin french fried potatoes.

INSTANT ACTION CHART

MENU	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
Roast Chicken (initial temp 5°C) Ingredients for 1.2 kg roast chicken: 1/2 tsp salt and pepper, 1 tsp sweet paprika, 2 tbsp oil.	0.9 - 2.0 kg (100 g) Low rack	• Mix the ingredients and spread on chicken. • Pierce the skin of the chicken. • Put the chicken breast side down on the low rack. • When the audible signals sound, turn the chicken over. • After cooking, let stand for approx. 3 minutes.
Roast Pork (initial temp 5°C) Ingredients for 1 kg rolled lean pork: 1 crushed garlic clove, 2 tbsp oil, 1 tbsp sweet paprika, a little cumin powder, 1 tsp salt.	0.6 - 2.0 kg (100 g) Low rack	• Using lean rolled roast pork is recommended. • Mix all ingredients and spread them on the pork. • Place the pork on the low rack. • When the audible signals sound, turn the food over. • After cooking, let stand, wrapped in aluminium foil for approx. 10 minutes.
Chicken legs (initial temp 5°C) Ingredients for 1 kg (5 pieces) chicken legs: 2 tbsp oil, 1/2 tsp salt, 1 tsp sweet paprika, 1 tsp rosemary.	0.2 - 1.0 kg (0.2 - 0.3 kg: 50 g 0.3 - 1.0 kg: 100 g) High rack	• Mix the ingredients and spread on chicken legs. • Pierce the skin of the chicken legs. • Put the chicken legs on the high rack with the thin ends towards the centre. • When the audible signals sound, turn the food over. • After cooking, let stand for approx. 3 minutes.

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INSTANT ACTION CHART

MENU	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
Piquant Cakes (initial temp 20°C)	1.0 - 1.7 kg (100 g) Square tin e.g. Fresh Pizza 1.0 - 1.2 kg Leek Tart 1.3 kg Onion Gateau 1.7 kg	• Prepare the piquant cakes referring to pages 31-32. • Preheating is programmed for this menu, leave turntable in the oven during preheating and cooking. • After preheating, place prepared square tin in the lower shelf runner in the oven. • When the audible signals sound, remove the square tin and rotate it 180° and place in the lower shelf runner again. • After cooking, remove from square tin and serve on a plate.
NOTE: The tin gets very hot during cooking. To avoid burning yourself, use oven gloves when removing it from the oven.		
Cake (initial temp 20°C) e.g. Carrot cake, Gugelhupf, Apple cake with Calvados	0.5 - 1.5 kg (100 g) Baking tin and saucer Low rack	• Prepare the cook referring to page 70 or 72. • Put a saucer upside down on the low rack and place the baking tin on it. • After baking, let stand for approx. 10 minutes. • Remove the cake from the container.
Gratin (initial temp 20°C) e.g. Courgette-pasta gratin, Broccoli-potato-gratin with mushrooms	0.5 - 2.0 kg (100 g) Shallow, oval or round gratin dish Low rack	• Prepare the gratin referring to page 62 or 64. • Place the gratin dish on the low rack. • After cooking, let stand, covered with aluminium foil for approx 5 - 10 minutes.

RECIPES FOR INSTANT ACTION "PIQUANT CAKES"

Onion Gateau

Utensils: Bowl with lid (3 l capacity)
Square tin
greaseproof paper

Ingredients - for the dough

375 g	Flour
30 g	Yeast
1	Egg
125 ml	Milk
1/2 tsp.	Salt
75 g	Butter

Ingredients - for the topping

650-700 g	Onions
100 g	Streaky bacon
30 g	Butter
	Cheyenne pepper
3	Eggs
200 g	Soured cream
1/2 tsp.	Salt

Preparation

This recipe makes approx. 1.7 kg.

1. Prepare from the mentioned ingredients a yeast dough. Cover the dough with heat-resistant film or a damp tea-cloth and allow to rise. Cook for 20 minutes on CONVECTION 40°C.
2. Peel and dice the onions and the streaky bacon. Place the butter, the onions and bacon in a bowl, cover and braise for 8-12 minutes (100P). Pour away the liquid.
   After cooking cool the mixture and blend the eggs, soured cream and salt into the mixture.
3. Choose INSTANT ACTION "Piquant Cakes" preheating is programmed. The oven will preheat.
4. Spread the mixture evenly over the pastry case. Let the dough rise again before baking.
5. After preheating, place the square tin on lower level runner and press start.
6. When the audible signals sound and the oven stops, rotate the square tin by 180°.

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RECIPES FOR INSTANT ACTION "PIQUANT CAKES"

LEEK TART

Utensils: Bowl with lid (3 l capacity)
Square tin
greaseproof paper

Ingredients - for the dough

150 g	Wholemeal flour
120 g	Rye flour (type 1150) (you can use normal flour type 405 instead)
4 tsp.	Baking powder (12 g)
1	Egg
125 g	Low fat yoghurt
1 1/2 tbsp.	Vegetable oil
1/2 tsp.	Salt

Ingredients - for the topping

450 g	Leek, cut into rings
3 tbsp.	Water
	Salt
1 pinch	Curry powder
150 g	Soured cream
3	Eggs
2 tbsp.	Wholemeal flour
	Herb salt
	Pepper
pinch	Nutmeg
1 tsp.	Parsley, chopped finely
1 tsp.	Chives, chopped into small rings
1 tsp.	Dill, chopped finely
100 g	Grated Emmenthal cheese

Preparation

This recipe makes approx. 1.3 kg.

1. Place leek and water in a bowl. Cover and cook for 5-8 minutes on 100P. Drain, add salt and curry powder to taste. Choose INSTANT ACTION "Piquant Cakes" preheating is programmed. The oven will preheat.
2. Mix the flour and the baking powder. Add the egg, the yoghurt, oil and the salt. Blend together using the kneading hook on a hand-held blender.
3. Line the square tin with greaseproof paper. Roll out the dough and place inside the tin. Raise the rim by about 1 cm.
4. Stir the soured cream, eggs and flour together. Season with herb salt, pepper, nutmeg and herbs. Mix in the grated cheese.
5. Blend the mixture into the leek and spread it evenly over the pastry case.
6. After preheating, place the square tin on lower level runner and press start.
7. When the oven stops and the audible signal sounds, rotate the square tin by 180°.

PIZZA

Utensils: Square tin
greaseproof paper

Ingredients - for the dough

230 g	Flour
20 g	Yeast
1 tsp.	Sugar
	Salt
4 tsps.	Oil
135 ml	Lukewarm water

Ingredients - for the topping

250 g	Tinned tomatoes, mashed
	Basil, Oregano, Thyme, Salt, Pepper
250 g	Topping as desired e.g. Pepper, Salami, Mushrooms etc.
100 g	Grated cheese

Preparation

This recipe makes approx. 1.0 kg.

1. Dissolve the yeast in lukewarm water.
2. Place the flour in a bowl and make a well in the centre. Add the yeast mixture to the flour and stir in gradually. Add salt and oil. Knead well.
3. Cover the dough with heat-resistant film or a damp tea-cloth and allow it to rise. Cook for 20 minutes on CONVECTION 40°C.
4. Choose INSTANT ACTION "Piquant Cakes" preheating is programmed. The oven will preheat. Line the square tin with greaseproof paper. Roll out the dough and place inside the tin.
5. Cover the dough with the tomatoes. Season to taste and cover with the desired topping. Finally spread over the grated cheese.
6. After preheating, place the square tin on lower level runner and press start.
7. When the oven stops and the audible signal sounds, rotate the square tin by 180°.

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RECIPES FOR USING SQUARE TIN/SHELF

TURKEY BREAST IN ONION-CREAM SAUCE

Total Cooking time: 26-28 minutes
Utensils: Square tin

Ingredients

1000 g	Turkey breast (9 pieces)
1 bag	Onion soup mixture (dried, 1 bag for 750 ml)
500 ml	Cream
200 g	Mushrooms, sliced
9 slices	Processed cheese

Preparation

1. Preheat the oven to 200°C.
2. Cut the turkey breast into similar sized pieces (9) and place on the square tin.
3. Mix together the dried onion soup with the cream (don't add water). Add the sliced mushrooms. Pour over the meat and finally cover with the cheese slices.
4. Place the square tin on lower level runner in the oven and cook for 26-28 minutes on CONVECTION 200°C.
5. After half of cooking time rotate the square tin by 180 degrees.

LASAGNE AL FORNO

Total Cooking time: 44-49 minutes
Utensils: Bowl with lid (3l capacity)
Rectangular gratin dish (35x29 cm)
Square shelf

Ingredients

600 g	Tinned tomatoes
100 g	Onion, finely chopped
100 g	Ham, finely cubed
1	Clove of garlic, crushed
500 g	Minced meat (beef)
4 tsps.	Mashed tomato
	Salt, Pepper
	Oregano, Thyme, Basil
450 g	Cream (crème fraiche)
300 ml	Milk
100 g	Grated Parmesan cheese
3 tsp.	Mixed chopped herbs
2 tsp.	Olive oil
	Salt, Pepper, Nutmeg
1 tsp.	Vegetable oil to grease gratin dish
250 g	Lasagne verde
2 tbsp.	Grated Parmesan cheese
1 tbsp.	Butter

Preparation

1. Cut the tomatoes into slices, mix with the ham and onion cubes, garlic, minced meat and mashed tomato. Season and cook with the lid on for 12-14 minutes on MICROWAVE 100P. Stir after half of cooking time.
2. Mix the cream with the milk, Parmesan cheese, herbs, oil and spices.
3. Preheat the oven to 230°C.
4. Grease the gratin dish and cover the bottom of the dish with about 1/3 of the pasta. Put half of the minced meat mixture on the pasta and pour on some sauce. Put an additional 1/3 of the pasta on top followed by another layer of the minced meat mixture and some sauce, finishing with the remaining pasta on top. Finally, cover the pasta with lots of sauce and sprinkle with Parmesan cheese. Place butterflakes on top and cook on the square shelf on lower level runner for 32-35 minutes on CONVECTION 230°C.

   After cooking, let the lasagne stand for approx. 5-10 minutes.

ROQUEFORTTOAST

Total Cooking time: 18-20 minutes
Utensils: Square tin

Ingredients

9	Slices of bread for toasting
	butter
9	Slices of cooked ham
9	Half pears (tinned)
9 tsp.	Cranberry jam
200 g	Roquefort cheese

Preparation

1. Preheat the oven to 220°C.
2. Toast the bread and spread with butter.
3. Place one slice of ham on each slice of bread.
4. Slice the pears and place them partly overlapping on the ham. Put 1 tsp cranberry jam on each toast.
5. Cut the Roquefort in pieces and spread on the toasts.
6. Place on the square tin and cook on upper level runner for 18-20 minutes on CONVECTION 220°C. After half of cooking time rotate the square tin by 180 degrees.

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RECIPES FOR USING SQUARE TIN/SHELF

GYPSY'S ARM ROLL

Total Cooking time: 22-24 minutes

Utensils: Square tin
greaseproof paper

Ingredients - for the dough

4	Eggs
125 g	Sugar
125 g	Flour
1 tsp.	Baking powder (3 g)

Ingredients - for the topping

250 ml	Milk
1	Stick of cinnamon
	The peel of a lemon
75 g	Sugar
2 tbsps.	Starch-flour (20 g)
2	Egg yolks
2 tbsps.	Icing sugar (20 g)

Preparation

1. Cream the eggs and sugar using the hand-held blender, until it is frothy with air bubbles. Mix the flour and baking powder and sift over the egg and sugar mixture, then fold in carefully. Preheat the oven to 180°C.
2. Line the square tin with greaseproof paper, fill with the cake mixture and bake on lower level runner for 18-20 minutes on CONVECTION 180°C. After half of cooking time rotate the square tin by 180 degrees, and press again start key.
3. Turn out the cake onto a damp tea-cloth onto which you have sprinkled sugar. Carefully remove the greaseproof paper and immediately roll the cake up using the tea-cloth to assist you.
4. Place 200 ml of the milk with the cinnamon stick, lemon peel and sugar into the bowl, cover and heat for about 2 minutes on MICROWAVE 100P.
5. Mix the rest of the milk with the starch-flour and the egg yolk. Take the lemon and cinnamon out of the milk, and stir in the starch-flour mixture. Cover and cook. Stir half-way through and at the end of cooking. Cook for 2 minutes on MICROWAVE 100P.
6. Unroll the cake, brush on the cream mixture and then carefully roll it up again. Dust with icing sugar.

LINZER BISCUITS

Total Cooking time: 10-11 minutes

Utensils: Square tin
Square shelf
Bottom of a round baking tin (28 cm)
greaseproof paper

Preparation

1. Prepare the biscuits referring to page 73.
2. Preheat the oven to 200°C.
3. Line the square tin and the bottom of the baking tin with greaseproof paper. Place 20 biscuits on the square tin and 12 pieces on the round baking tin. Place the square tin on the lower level runner and the square shelf with the round baking tin on the upper level runner and bake for 10-11 minutes on CONVECTION 200°C.

   Prepare the remaining dough in the same way.

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CARE AND CLEANING

CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

Before cleaning, make sure the oven cavity, door, oven cabinet and accessories are completely cool.

CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS - Keep the oven clean, or the oven could lead to a deterioration of the surface. This could adversely affect the life of the appliance and possibly result in a hazardous situation.

Oven exterior

The outside of your oven can be cleaned easily with mild soap and water. Make sure the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

Oven controls

Open the door before cleaning to de-activate the oven controls. Care should be taken when cleaning the oven control. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Oven Interior

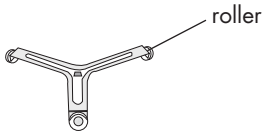
1. For cleaning, wipe any splatters or spills with a soft damp cloth or sponge after each use while the oven is still warm. For heavier spills, use a mild soap and wipe several times with a damp cloth until all residues are removed. Built-up splashes may overheat and begin to smoke or catch fire, and cause arcing. Do not remove the waveguide cover.
2. Make sure that mild soap or water does not penetrate the small vents in the walls which may cause damage to the oven.
3. Do not use spray type cleaners on the oven interior.
4. Heat up your oven regularly by using the convection and grill, refer to "Heating without food" on page 13. Remaining food or fat splashed can cause smoke or bad smell.

Accessories

The accessories should be washed in a mild washing up liquid solution and dried. They are dishwasher safe.

SPECIAL NOTE for TURNTABLE SUPPORT

After cooking, always clean the turntable support, especially around the rollers. These must be free from food splashes and grease. Built-up splashes or grease may overheat and cause arcing, begin to smoke or catch fire.



Door

To remove all trace of dirt, regularly clean both sides of the door, the door seals and adjacent parts with a soft, damp cloth. Do not use harsh abrasive cleaners or sharp metal scrapers to clean the oven door glass since they can scratch the surface, which may result in shattering of the glass.

NOTE: Keep the waveguide cover and accessories clean at all times. If you leave grease or fat in the cavity or accessories, it may overheat, cause arcing, smoke or even catch fire when next using the oven.

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SERVICE CALL CHECK

PLEASE CHECK THE FOLLOWING BEFORE CALLING FOR SERVICE.

1. Power Supply
Check the power plug is properly connected to a suitable wall outlet.
Check the line fuse/circuit breaker is functioning properly.

2. When the door is opened, does the oven lamp light? YES _____ NO _____

3. Place a cup of water (approx. 150 ml) in the oven and close the door securely.
Set the cooking mode to microwave cooking mode.
Programme the oven for one minute on 100P power and start the oven.
Does the oven lamp light? YES _____ NO _____
Does the turntable rotate? YES _____ NO _____
NOTE: The turntable turns in either direction.
Does the ventilation work? YES _____ NO _____
(Place your hand over the ventilation openings and check for air flow.)
After 1 minute does the signal sound? YES _____ NO _____
Does cooking in progress indicator go off? YES _____ NO _____
Is the water warm after the above operation? YES _____ NO _____

4. Take the cup out of the oven and close the door.
Set the **GRILL** cooking mode for 3 minutes.
After 3 minutes does the grill heating element become red? YES _____ NO _____

5. Set the **CONVECTION** cooking mode for three minutes at 250°C.
Is the inside of the oven hot after 3 minutes? YES _____ NO _____

If you answer "NO" to any of the above questions, call a Service Technician appointed by SHARP and report the results of your check. See inside back cover for details of address.

IMPORTANT: If the display shows nothing even if the power plug is properly connected, the energy save mode should carry on. To release it, open and then close the oven door. See page 11.

NOTES:

1. If you cook the food over the standard time with only the same cooking mode, the power of the oven will lower automatically to avoid overheating. (The microwave power level will be reduced and the grill heating elements will begin to light on and off.)

Cooking mode	Standard time
Microwave 100P cooking	20 min.
Grill cooking	15 min.
Simul 1 (70P microwave power)	Micro - 40 min.
Simul 2 (100P microwave power)	Micro - 15 min. Grill - 15 min.
Simul 2 (70P microwave power)	Micro - 40 min. Grill - 15 min.

2. After **GRILL, DUAL, CONVECTION, EXPRESS COOK, POTATO** and **INSTANT ACTION**, the cooling fan will run and "NOW COOLING" may appear on the display. Also, when you press the **STOP / CLEAR** key and open the door during these cooking modes, the cooling fan will run; you may, therefore, feel air blowing from the ventilation openings.

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WHAT ARE MICROWAVES?

Microwaves are electromagnetic waves, similar to radio and TV-waves.
Microwaves are generated by a magnetron inside the microwave oven and cause the water molecules in food to vibrate. This causes friction, which in turn generates heat, which then thaws, heats or cooks your food.
The secret of the shorter cooking time is that microwaves enter your food from all sides. Energy is used optimally. In comparison with a stove, the energy used on a burner reaches the food only through the hot plate and the cooking pot. This "detour" loses a lot of energy.

FEATURES OF MICROWAVES

Microwaves penetrate all non-metal objects, like glass, porcelain, ceramics, plastic, wood or paper. This is why microwaves do not heat these materials. Cookware is heated only indirectly through the heat of the food.
Foods absorb microwaves and heat up.
Microwaves cannot penetrate material made of metal because metal reflects microwaves.
Therefore, objects made of metal are not usually suitable for use in a microwave. There are some exceptions to this rule, where you may use this exact attribute. You might cover certain areas of some foods with aluminum foil during thawing or cooking. This way you can avoid areas that are too warm or too hot or overcooked. Please remember the following notes.

WHAT YOUR NEW SIMUL-MICROWAVE OVEN CAN DO

MICROWAVE OPERATION

By using microwaves in your new simul-microwave oven, you can quickly heat individual servings or drinks, or melt butter or chocolate in a very short time. The microwave is also exceptionally well suited for thawing foods. In many cases it is beneficial to combine microwaves with hot air or the grill.
This enables you to cook and brown your foods in a short time. Compared to conventional roasting, the cooking time is usually much shorter.

SIMUL OPERATION (MICROWAVE WITH HOT AIR OR GRILL)

By joining two different modes of operation, the benefits of your microwave oven will improve functionality.
You may choose between

- Microwave + Hot air (ideal for roasts, poultry, casseroles, pizza, bread and cakes) and
- Microwave + Grill (ideal for quick-fried, roasts, poultry, chicken drum sticks, shish kabobs, cheese toast and "au gratin").

By using the simul operation you can cook and brown foods simultaneously.
One benefit is that the hot air or the heat of the grill element will quickly seal the pores of the food's outer surface. Microwaves ensure a short cooking time. The food will stay moist on the inside and be crunchy brown on the outside.

HOT AIR OPERATION

You can also use hot air without the microwaves. The result will be just like in a conventional hot air stove. Circulating air quickly heats the outer surfaces of your food. Meat, for example, will stay moist and your food will not dry out.
This sealing process ensures that your foods will stay tasty and cook faster than regular stoves with top- and bottom heating elements.

GRILL OPERATION

Your new microwave oven is equipped with a quartz grill located on the ceiling of the cooking chamber. Just like any conventional grill, it can be used without the microwaves. You can quickly brown or grill foods. This is especially suitable for steaks, cutlets or gratinating foods.

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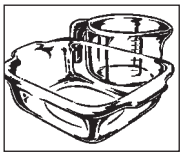
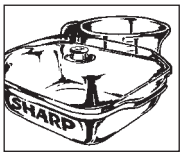
SUITABLE COOKWARE

COOKWARE SUITABLE FOR MICROWAVE OPERATION

GLASS AND GLASS-CERAMIC



Heat-resistant glassware is very suitable. You can observe the cooking process from all sides. It cannot contain any metal (e.g. lead crystal) or a metal coating (e.g. gold frame, china blue).



CERAMIC

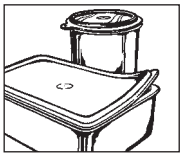
In general, ceramic is very suitable. Ceramic must be glazed because moisture can penetrated the ceramic if it is unglazed. In a microwave oven, this moisture will heat up and can cause the ceramic to shatter. If you are not sure whether your cookware is suitable for use in a microwave, please do a suitability test. See Page 33.

PORCELAIN

In general, porcelain is very suitable. Be sure that your porcelain does not contain any metal or gold or silver plating.

PLASTIC

Heat resistant, microwave-safe plastic ware is suitable for thawing, heating and cooking. Please note the manufacturer's instructions.

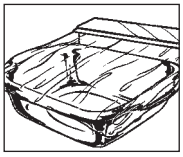


PAPER DISHWARE

Heat resistant, microwave-safe paper dishware is also suitable. Please note the manufacturer's instructions.

PAPER TOWELS

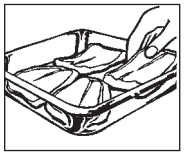
can be used to absorb excess moisture in short heating processes, e.g. for bread or breaded items. Put the paper towel between the food and the turning plate. The surface of your food will stay dry and crunchy. Covering the food with paper towels will contain splatters from greasy foods.



MICROWAVE FOIL

or heat resistant foil is suitable for covering or wrapping foods. Please note the manufacturer's instructions.

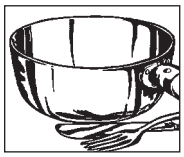
ROASTING BAGS



can be used in the microwave oven. Metal clips are not suited to close such bags, as they might cause the foil to melt. Use kitchen string to close these bags and pierce the bag with a fork. Do not use foils that are not heat resistant, e.g. cling film, in your microwave.

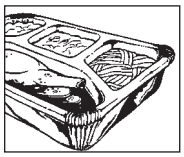
METAL

should not be used, because the microwaves cannot penetrate it and can therefore not reach your foods. There are some exceptions: Narrow strips of aluminum foil can be used to cover parts of food, so that these parts do not thaw or cook too fast (e.g. the wings of a chicken).



Small metal spikes and aluminum bowls (e.g. in ready-to-serve meals) can be used.

They must be small in relation to the food, e.g. the food must fill the aluminum bowl at least 2/3 to 3/4.). We recommend transferring such foods to dishes suitable for use in a microwave. When using aluminum bowls or other metal dishes, you must keep a minimum distance of about 2.0 cm to the walls of the cooking chamber, otherwise they can be damaged by possible sparks.



DO NOT USE DISHES WITH METAL PLATING,
or metal parts, e.g. screws, bands or handles.

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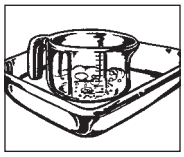
SUITABLE COOKWARE

SUITABILITY TEST



If you are not sure whether your dishes are suitable for the use in a microwave, please do the following test: Place the dish into the microwave oven. Place a glass vessel filled with 150 ml of water on top of or next to the dish. Turn the microwave oven on for 1 to 2 minutes at 100P power. If the dish stays cool or at room-temperature, it is suitable for use in the microwave oven. Do not use this test for plastic dishware as it might melt.

COOKWARE SUITABLE FOR MICROWAVE OPERATION

In general, heat resistant microwave dishes, e.g. made of porcelain, ceramic or glass, are also suitable for the simul operation (microwave and hot air, microwave and grill). Please remember that the hot air or the grill will also heat up your dish. Plastic dishware and foil are not suitable for simul operation. Do not use paper towels or baking parchment. It could overheat and ignite.

METAL

should not be used. Exceptions are coated backing pans, which allow the outer surface of the food, e.g. bread or cakes, to brown. Please remember the notes for cookware suitable for microwave operation. If sparks develop, put heat resistant insulating material, e.g. small porcelain plate, between the metal object and the grill. If sparks develop, do not use such materials for cooking in SIMUL OPERATION

COOKWARE SUITABLE FOR HOT AIR AND GRILL OPERATION

For cooking with hot air or grill without microwave operation, you may use any dish that is suitable for use in a conventional stove or grill.

TIPS AND TECHNIQUES

BEFORE YOU BEGIN...

To make the use of your microwave as easy as possible, please read the following notes and tips: Only turn your microwave on when food is placed inside the cooking chamber.

ENTER THE TIME

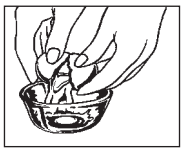
Times for thawing, heating and cooking are usually much shorter than in a conventional stove or oven. Please adhere to the times recommended in this cookbook. You should enter a shorter time rather than a longer one. After cooking, test for doneness. It is better to add some time after testing for doneness than to overcook the food.

INITIAL TEMPERATURE

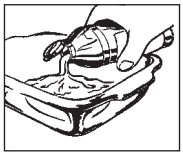
The time required to thaw, heat or cook a food are dependent on the initial temperature of the food. Frozen or refrigerated foods, for example, require a longer heating time than foods at room temperature.

For heating and cooking of foods, we assume normal storage temperature (refrigerator temperature, about 5°C, room temperature about 20°C). We assume a temperature of -18°C for thawing frozen foods.

Popcorn must only be made in special popcorn containers suitable for use in microwave. Adhere exactly to the manufacturer's instructions. Do not use regular paper containers or glass cookware.



Do not cook **Eggs** in their shell. Pressure will build inside the shell, which could lead to an explosion of the egg. Pierce the egg yellow with a fork prior to cooking.



Do not heat oil or grease used for frying in the microwave. The oil temperature cannot be controlled. The oil could splatter.

Do not heat closed vessels, like jars or cans. The pressure could cause such vessels to explode. (Exception: Canning/Preserves).

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TIPS AND TECHNIQUES

ALL STATED TIMES...
are guidelines, which vary depending on initial temperature, weight and consistency (water or oil content, etc.) of the foods.

SALT, SPICES AND HERBS
Foods cooked in the microwave retain their flavor better than foods cooked by conventional methods. Use salt sparingly and salt your foods only after cooking. Salt will retain fluid and dry out the surface. Herbs and spices can be used as usual.

TEST FOR DONENESS:
Foods can be tested for doneness just like when used with conventional methods:

- Food thermometer: After cooking or heating, every food has a certain interior temperature. This temperature can be measured with a food thermometer.
- Fork: Fish can be tested with a fork. If the fish meat is no longer translucent and easily detaches from the fish bones, the meat is done. If it is overdone, it is dry and tough.
- Wood picks: Cake and bread can be tested for doneness by using a wooden pick. Insert the wood stick and pull it out. If it remains clean and dry, the food is done.

DETERMINING COOKING TIME WITH A FOOD THERMOMETER
When food is cooked, every drink and every food has a certain interior temperature, which indicates that the food is done and the result will be good. You can measure this interior temperature with a food thermometer. The most important temperatures are listed in the temperature table.

TABLE: DETERMINING COOKING TIME WITH A FOOD THERMOMETER

Drink/Food	Interior temperature after cooking time is completed	Interior temperature 10 to 15 minutes of standing time
Heat drinks	65-75°C	
(Coffee, Water, Tea, etc.)		
Heat milk	75-80°C	
Heat soups	75-80°C	
Heat stews	75-80°C	
Poultry	80-85°C	85-90°C
Lamb		
Roasted pink	70°C	70-75°C
Well-done	75-80°C	80-85°C
Roast beef		
Rare	50-55°C	55-60°C
Medium	60-65°C	65-70°C
Well-done	75-80°C	80-85°C
Pork and veal	80-85°C	80-85°C

ADDING WATER
Vegetables and other foods with high water content can be cooked in their own fluid or with very little additional water. Many vitamins and minerals will remain in the food.

FOODS WITH SKIN OR SHELL
like sausage, chicken, chicken drum sticks, potatoes, tomatoes, apples, egg yolk or similar should be pierced with a fork or a wooden pick.
Steam can release without shattering the skin or shell.

GREASY FOODS
Marbled meat and outer, fatty parts cook faster than lean meat. Cover such parts with aluminum foil or place them with the fatty side down.

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TIPS AND TECHNIQUES

BLANCH VEGETABLES

Vegetables should be blanched prior to freezing. This retains the quality and aroma of the food. Process: Wash and cut the vegetable. Put 250 g vegetables and 275 ml water into a bowl, cover and heat for 3-5 minutes. Put blanched foods immediately into ice water to stop the foods from cooking and allow to drip dry. Seal the blanched vegetables in an airtight container and freeze.

PRESERVING FRUIT AND VEGETABLES

Preserving fruits and vegetables using your microwave is quick and easy. Special jars, sealing rings and clamps suitable for microwave use are available. The manufacturers will supply detailed user instructions.

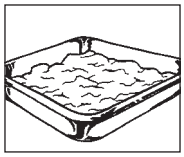
SMALL AND LARGE AMOUNTS

The microwave times are dependent on the amount of food you thaw, heat or cook. This means that small portions will be done faster than large ones. A basic rule is:

DOUBLE THE AMOUNT = ALMOST DOUBLE THE TIME

HALF THE AMOUNT = HALF THE TIME

HIGH AND FLAT CONTAINERS

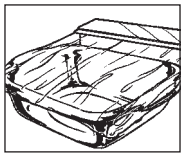


Both containers will have the same capacity, but cooking will take longer in the high container than in the flat one. We recommend that you use flat containers with a large surface whenever possible. Use high containers only for foods that might boil over, e.g. noodles, rice, milk, etc.

ROUND AND OVAL CONTAINERS

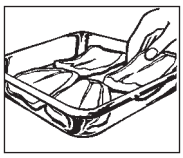
Foods in round or oval containers cook more evenly than foods in square containers, because the microwave energy concentrates in corners. The food located in the corner will overcook.

COVERS



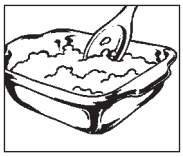
Covering your food will help retain moisture and shorten the cooking time. Use a lid, microwave foil or a cover cap. Foods that should develop a crust, e.g. roast or chicken, should not be covered. Follow this rule: If it should be covered when using a conventional stove, it should be covered in the microwave. If it is cooked uncovered on a conventional stove, it should also be cooked uncovered in the microwave.

IRREGULAR SHAPED FOODS



should be placed with the thicker or more compact side to the outside. Vegetables (e.g. Broccoli) should be placed with the stems toward the outside. Thicker parts will require a longer cooking time and will receive more microwave energy when placed on the outside. The food will be cooked more evenly.

STIRRING



Foods must be stirred, because microwaves reach the outer areas first. Stirring will even the temperature and the food will be more evenly heated.

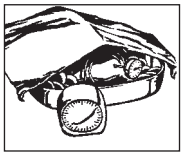
ARRANGEMENT

Several individual portions, e.g. pudding molds, cups or potatoes, should be placed in a ring-shape on the turntable. Leave some space between portions, so that the microwave energy will penetrate the food from all sides.

TURNING

Medium size parts, like mincemeat and steaks, should be turned over once during the cooking process to shorten the cooking time. Large pieces, like roast and chicken, should be turned over because the topside will receive more microwave energy than the bottom side, it could dry out if it is not turned.

STANDING TIME



Allowing standing time is one of the most important rules of microwave cooking. Almost all foods thawed, heated or cooked in the microwave require a short or longer standing time, which allows the equalization of temperature. Fluids then can evenly flow through the food.

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HEATING

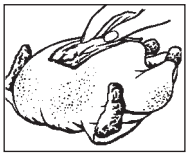
- Ready-to-eat meals in aluminum containers should be removed from the container and heated on a plate or a bowl.
- Foods should be covered with microwave foil, plates or cover caps (sold in stores) to prevent the surface from drying out. Drinks should not be covered.
- Remove the lid of tightly closed containers. When cooking fluids like water, coffee, tea or milk, insert a glass stick into the container.
- If possible, stir larger amounts occasionally to even the temperature.
- All times are listed for foods at a room temperature of 20°C. The heating time will increase slightly for foods at refrigerator temperatures.
- Allow foods to stand for 1-2 minutes after heating to allow the temperature to even out throughout the food (standing time).
- All times are guidelines and can vary depending on initial temperature, weight, water content, fat content and the desired final state of the food.

THAWING

The microwave is ideal for thawing foods. Time required for thawing is usually much shorter than when thawing foods with conventional methods.
Some tips.
Remove the frozen food from its wrapping and put it on a plate.

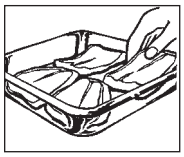
WRAPPING AND CONTAINERS
Wrappings and containers suitable for use in microwave and also freezing (up to about - 40°C) and heat resistant (up to about 220°C) are very appropriate for thawing and heating foods. You can use such material for thawing, heating and cooking without having to transfer the food to other containers.

COVERS



Thinner parts should be covered with aluminum foil during thawing. Thawed or warm parts should also be covered with aluminum foil. This prevents that thin parts overheat while thick parts are still frozen.

THE MICROWAVE POWER...
should be set lower rather than higher. This helps you achieve even thawing. If the microwave power is too high, the food surface will be cooked while the interior of the food is still frozen.



TURNING/STIRRING
Almost all foods must be turned or stirred once. Parts sticking to each other should be separated as soon as possible and rearranged.

SMALLER AMOUNTS...
twill thaw more evenly and quicker than large amounts. We recommend that you freeze your food in small portions. You can quickly and easily create a whole menu.

DELICATE FOODS,
like tortes, cream, cheese and bread should not be completely thawed. Only the outer surface should be thawed, the rest of the food should thaw at room temperature. This will avoid outer surfaces overheating while inner parts are still frozen.

STANDING TIME...
after thawing food is very important, because the thawing process is finished during this time. In the thawing table you can find standing times for various foods. Thick, compact foods will require a longer standing time than flat or porous foods. If the food is not sufficiently thawed, you can keep thawing it in the microwave or extend the standing time correspondingly. After standing time, foods should be processed as soon as possible and not refrozen.

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THAWING AND COOKING

In a microwave oven, frozen meals can be thawed and cooked in one process. The table will show you some examples. (See Page 39.)
Also remember the general notes on "Heating" and "Thawing" of foods.

To prepare commercially available frozen meals, please follow the manufacturers instructions as indicated on the package. Usually, the exact cooking times and notes for the preparation in a microwave are listed.

COOKING OF MEAT, FISH AND POULTRY

- When shopping, make sure that all pieces are as even as possible. This will ensure a good cooking result.
- Thoroughly wash meat, fish and poultry in cold, running water and dry with a paper towel prior to preparation. Process as usual.
- Beef should be well hung and with few tendons.
- The cooking result can vary even with similar size meat pieces. This is, in part, due to the type of food, various fat and water content and also the initial temperature.
- Larger meat, fish and poultry pieces should be turned once during cooking to ensure more even cooking on all sides.
- After cooking, cover roasts with aluminum foil and let it stand for about 10 minutes (standing time). The roast will continue to cook during this time, i.e. fluid will be evenly distributed, so that less moisture is lost when cutting.

COOKING FRESH VEGETABLES

- When shopping, make sure that all pieces are as even as possible. This is very important if you'd like to cook the vegetables in one piece (e.g. potatoes).
- Wash and clean vegetables prior to preparation, then measure and cut the amount required for your recipe.
- Season the food like usual, but salt your foods only after cooking.
- Add about 5 tablespoons of water for each 500 g of vegetables. Fibrous vegetables will require more water.
- Vegetables are usually cooked in a covered bowl. Vegetables with a high water content, e.g. onions or potatoes, can be cooked in a microwave foil without any additional water.
- Stir or turn the vegetable once while cooking.
- After cooking, allow the vegetables to stand for about 2 minutes, so that the temperature will distribute evenly (standing time).
- All times are guidelines and can vary depending on initial temperature, weight and the consistency of the vegetable. The cooking time will be shorter the fresher the vegetables are.

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LEGEND

MICROWAVE POWER

Your microwave uses 850W and has 5 power levels. You should select the microwave power according to the guidelines in this cookbook. In general, follow these recommendations:

100P Power = 850 Watt
used for fast cooking or heating, e.g. individual portions on plates, hot drinks, vegetables, fish, etc.

70P Power = 595 Watt
For longer cooking times used for more compact foods, e.g. roasts or delicate foods, e.g. cheese sauces, the microwave power is reduced. Foods will not boil over and meat will cook more evenly, the sides will not overcook, if a lower power setting is used.

50P Power = 425 Watt
For compact foods, which require a long cooking time when using conventional cooking methods, e.g. beef.

30P Power = 255 Watt
Use a low power level for thawing. This ensures that the food will thaw evenly. This level is also ideal for cooking rice, noodles or dumplings at a low.

10P Power = 85 Watt
Use this lowest power level for delicate thawing, e.g. cream tortes.

P = Percentage (%)

LEGEND

GRILL OPERATION
Multifunctional use for gratinating or grilled fish, meat and poultry.

Hot Air operation
You may select between 10 Hot Air levels (40°C - 250°C).

Simul operation:
Microwave and Hot Air
This type of operation allows you to combine the various microwave power levels 10P to 70P with a desired Hot Air temperature (40°C - 250°C).

Simul operation:
Microwave and Grill
This type of operation allows you to combine the various microwave power levels with the Grill.

ABBREVIATIONS

tbsp = tablespoon	g = gram	pck = package
tsp = teaspoon	l = Liter	sec = seconds
Cup = cupful	ml = milliliter	DF = deep frozen
min = minutes	cm = centimeter	DFC = dry fat content
kg = kilogram	dm. = diameter	approx. = approximate

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TABLES

TABLE: THAWING WITH MICROWAVE

Foods	Amount -g-	Microwave power	Thawing time -Min-	Process notes	Standing -Min-
Sausages	300	30P	3-5	Place next to each other, turn after 1/2 of the thawing time	5-10
Deli meat	200	30P	2-4	Remove the outermost slices after 1 minute each	5
Whole fish	700	30P	9-11	Turn after 1/2 of the thawing time	30-60
Crab	300	30P	6-8	Turn after 1/2 of thawing time, remove thawed parts	5
Fish filet	400	30P	5-7	Turn after 1/2 of the thawing time	5-10
Whole bread	1000	30P	8-10	Turn after 1/2 of the thawing time	15
Cream	200	30P	2+2	Remove lid: after 2 min. of thawing time put into a bowl and thaw further	5-10
Butter	250	30P	2-3	Thaw only for short time	15
Fruit such as strawberries, raspberries, cherries, plums	250	30P	2-4	Place evenly next to each other, turn after 1/2 of the thawing time	5

To thaw poultry, chicken drumsticks, cutlets, steaks, roast, mincemeat, sliced bread and cream tortes, please use the automatic thawing program.

TABLE: THAWING AND COOKING

Foods	Amount -g-	Setting	Microwave power	Cooking -Min-	Water addition	Process notes	Standing -Min-
Fish filet e.g. Filet "Bordelaise"	400		100P	11-14	-	remove from package, put into a casserole dish and cover with microwave foil	1-2
Trout, 1 piece	250-300		100P	5-7	-	abdecken	1-2
Single serving plate	400		100P	8-10	-	Cover, stir after 5 minutes Minuten umrühren	2
Vegetables	300		100P	7-9	5 EL	Cover, stir after 1/2 of cooking time	2
Vegetables	450		100P	9-11	5 EL	Cover, stir after 1/2 of cooking time	2

TABLE: COOKING FRESH VEGETABLES

Foods	Amount -g-	Microwave power	Thawing time -Min-	Process notes	Water amount -Tbsp-
Vegetables	300	100P	5-7	Prepare as usual, cover and stir occasionally	5
(e.g. Cauliflower, leek, fennel, broccoli, bell peppers, zucchini) Prepare as usual, cover, stir occasionally	500	100P	8-10		5

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TABLES

TABLE: HEATING DRINKS AND FOODS

Drink/Food	Amount -g/ml-	Microwave power	Time -Min-	Process notes
Drink 1 cup	150	100P	approx. 1	Do not cover
Single serving plate (Vegetables, meat and side dishes)	400	100P	3-5	Drip water onto sauce, cover, stir occasionally
Stew, soup	200	100P	1-3	Cover, stir after heating
Side dishes	200	100P	approx. 2	Drip water onto food, cover, stir occasionally
Meat, 1 slice [1]	200	100P	2-3	Drip water onto food, cover
Sausages, 2 pieces	180	50P	approx. 2	Pierce the skin several times
Baby food, 1 jar	190	50P	1/2 -1	Remove lid, stir well after heating and test the temperature
Melt margarine or Butter [1]	50	100P	approx. 1/2	
Melt chocolate	100	50P	approx. 3	Stir occasionally
Dissolve 6 sheets of gelatin	10	50P	1/2 -1	Soak in water, squeeze dry and put into a soup bowl. Stir occasionally

[1] at refrigerator temperature.

TABLE: ROASTING MEAT AND POULTRY

Meat and Poultry	Amount -g-	Setting	Microwave power	Cooking -Min-	Process notes	Standing -Min-
Roasts (pork, veal, lamb)	500		70P/160°C	7-9 (*)	Season as desired, put onto the lowest grill, turn after (*)	5
			70P/160°C	7-9		
	1000		70P/130°C	16-18 (*)		10
			70P/130°C	13-15		
	1500		70P/130° C	28-32 (*)		10
			70P/130°C	23-27		
Roast beef medium	1000		30P/200°C	17-19 (*)	Season as desired, put onto the lowest grill, position with fatty side down turn after (*)	10
			30P/200°C	5-7		
	1500		30P/200°C	25-27 (*)		10
			30P/200°C	13-15		
Meat loaf	1000		70P/230°C	21-23	Prepare meat for meatloaf (half pork/half beef), lay flat into a casserole dish, and cook on the lowest grill rack.	10
Chicken	1200		30P/220°C	17-20(*)	Pierce the chicken skin, season with oil, paprika, salt and pepper, position with breast side down onto the lowest grill rack, turn after (*)	3
			30P/220°C	17-20		
Chicken drumsticks	600		10P/230°C	11-13 (*)	Pierce the chicken skin, season with oil, paprika, salt and pepper, position with skin side down onto the lowest grill rack, turn after (*)	3
			10P/230°C	7-9		

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TABLES

TABLE: GRILLING, GRATINATING

Dish	Amount -g-	Setting	Microwave power	Cooking -Min-	Process notes	Standing -Min-
Steaks 2 pieces	400			7-9 (*) 4-6	Position onto the highest grill rack, turn after (*), season after grilling is done	2
Lamb cutlets 2 pieces	300			9-12 (*) 6-8	Position onto the highest grill rack, turn after (*), season after grilling is done	2
Grill sausages	400			7-9 (*) 5-6	Position onto the highest grill rack, turn after (*)	2
Gratinating				10-14	Position casserole dish onto the lowest grill rack	10
Cheese toast 4 pieces			50P	1/2 5-7	Toast and butter the bread, add one slice of ham, one slice of pineapple and one slice of melting cheese. Place slice of cheese in the center and position onto the highest grill rack	

TABLE: HEATING FROZEN SNACKS

Frozen snacks	Amount -g-	Setting	Microwave power	Cooking -Min-	Process notes
French fries (normal)	250		70P	4-5 2-4 (*) 3-4	Place into a flat casserole dish, position onto the highest grill rack, turn after (*)
(thin)	250		70P	3-4 3-5 (*) 3-4	
"Stone oven" pizza (thin base, pre-baked)	300-400		30P/220°C	9-11	Preheat to 220°C Position onto the highest grill rack
American pizza (thick base, pre-baked)	400-500		30P/220°C	10-12	Preheat to 220°C Position onto the highest grill rack
Quiche "Alscienne", Onion cake, 2 pieces	360		30P/180°C	19-22	Preheat to 180°C, Position onto the highest grill rack
Baguette sandwiches	250		30P/230°C	8-10	Position onto the highest grill rack

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RECIPES

MODIFICATION OF CONVENTIONAL RECIPES

● **For microwave operation**

If you'd like to modify your favorite recipes to use a microwave, you should note the following:

Shorten cooking time by 1/3 or 1/2. Use the recipes in this cookbook as a guideline.

Foods with a high water content, like fish, meat, poultry, vegetables, fruit, stews and soups, can easily be prepared in the microwave. When cooking foods with a low water content, like plate servings, the food surface should be moistened with water prior to cooking or heating.

When adding fluids to raw foods that should be steamed, reduce the amount of fluid listed in the original recipe to 2/3. If necessary, add more fluid during cooking.

The addition of cooking fat can be greatly reduced. A small amount of butter, margarine or oil is sufficient to add flavor to your foods. The microwave is therefore great for preparing low-fat foods for dieting.

● **For simul operation**

In general, the same rules apply as for microwave operation. Additionally, please remember the following notes.

1. Use the recipes in this cookbook as a guideline when selecting the Hot Air temperature. The temperature should not be too high even for long cooking times, since the foods will brown too much on the outside while still being raw on the inside.
2. The microwave power should correspond to the type of food and the cooking time. Use the recipes in this cookbook as a guideline.
3. If you prepare foods using the simul microwave-grill operation, you should observe the following: For large, big foods, e.g. pork roast, the microwave time is correspondingly longer than for small, flat foods. It is exactly opposite when using the grill. The closer the food is located to the grill, the faster it will brown. This means that when you prepare large pieces of roast in the simul operation, the grill time might be shorter than for smaller pieces of roast.
4. For cooking in simul operation or with hot air only, the lowest grill rack is usually used. Use the highest grill rack for grilling, to achieve a faster and more even browning (exception: large, big foods and casseroles should be grilled on the lowest grill rack).

USING THESE RECIPES

- All recipes in this cookbook will make – unless otherwise noted – 4 portions.
- Recommendations for suitable dishware and the total cooking time can be found at the beginning of each recipe.
- If the use of the lowest or highest rack is indicated in the recipe, please use exclusively the round racks.
- Usually the recipes will result in ready-to-eat amounts of food, unless another amount is specifically noted.
- All eggs listed in these recipes have a weight of about 55 g (weight class M)

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Appetizers and Snacks

Germany

Mushroom on toast

"Champignontoast"
Total cooking time: approx. 3-4 minutes
Utensils: High rack

Ingredients

2	tbsps	Butter or margarine
2		Garlic cloves, crushed
4		Bread slices
75	g	Mushrooms, in slices, salt, pepper
75	g	Shredded cheese
4	tsps	Parsley, finely chopped, paprika

Preparation

1. Mix butter, garlic and salt.
2. Toast the bread slices and butter with garlic-butter mixture. Put mushrooms on top and season with salt and pepper.
3. Mix the cheese and parsley and add on top of the mushrooms. Season with paprika.
4. Place the toasts onto the high rack and bake.

3-4 Min.		30P

Switzerland

Swiss Cheese Pie

"Schweizer Käsewähe"
Total cooking time: approx. 32-36 minutes
Utensils: Round baking or quiche dish (dm. approx. 30-32 cm)

Ingredients

250	g	Flour
120	g	Butter or margarine
80	ml	Water
1	tsp	Salt
1	tsp	Butter or margarine to grease the pan
1		Onion (50 g), finely chopped
170	g	Shredded Emmentaler cheese
170	g	Shredded Gruyere cheese
4	tbsps	Flour (40g)
3		Eggs
270	ml	Milk
120	g	Yoghurt, low fat
1	tsp	Salt
		Nutmeg

Preparation

1. Mix flour, butter, water and salt. Roll dough onto a floured surface. Grease the pan, put the dough evenly into the pan and pull up around the edge. Pierce with fork several times.
2. Position the pan onto the low rack, pre-bake the dough.

12-14 Min.		50P/230°C

3. Mix onion with cheese and flour. Mix eggs, milk, yoghurt and spices. Add the cheese mixture.
4. Evenly distribute the filling on the dough. Place the pan onto the low rack and bake.

20-22 Min.		30P/230°C

Italy

Pizza Artichoke

"Pizza ai carciofi"
Total cooking time: approx. 20-24 minutes
Utensils: Pizza pan (dm. approx. 30 cm)

Ingredients

15	g	Yeast, fresh, or
1/2	pck.	Dry yeast (4 g)
1	pinch	Sugar
120	ml	lukewarm water
200	g	Flour
1/2	tsp	Salt
1	tbsp	Olive oil
300	g	Tomatoes from a jar, drip-dried
50	g	Salami, in slices
70	g	Ham, in slices
120	g	Artichoke hearts from a jar
1	tsp	Olive oil to grease the pan.
		Basil, oregano, thyme, salt and pepper
10		Olives
100	g	Shredded Emmentaler cheese

Preparation

1. Dissolve yeast and sugar in lukewarm water.
2. Put flour into a bowl, make a small depression in the center. Add yeast mixture into this depression and slowly stir. Add salt and oil. Thoroughly knead dough.
3. Cover the dough with heat resistant foil or a moist kitchen towel, let rise.

20 Min.		40°C

4. Slice the tomatoes, quarter the salami and ham slices and the artichoke hearts.
5. Grease the pizza pan with oil. Roll out the yeast dough, put into the pizza pan and put tomatoes on top. Season as desired, add all other ingredients. Add olives and top with shredded cheese.
6. Bake the pizza on the low rack in the pre-heated microwave oven.

10-12 Min.		50P/230°C
10-12 Min.		230°C

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Appetizers and Snacks

Austria

Sausages in Crust

"Würstchen im Teigmantel"
Makes 8 servings
Total cooking time: approx. 25-27 minutes
Utensils: Baking pan (dm. approx. 30 cm)
greaseproof paper

Ingredients

8		*Small Sausages (each 50 g)*
300	*g*	*Puff pastry, frozen*
1		*Egg Yolk*
		Some Water
		Salt
		Cumin

Preparation

1. Pierce the sausage skin several times.
2. Thaw the puff pastry according to package directions, roll out thinly. Cut the dough into 8 squares; roll up one sausage in each square.
3. Thin the egg yolk with a little water. Brush the puff pastry rolls with this mixture, sprinkle with salt and cumin.
4. Cover the baking pan with greaseproof paper, put the dough rolls on top and bake on the low rack in the pre-heated microwave oven.

25-27 Min. 230°C

Spain

Mushrooms with Rosemary

"Champif ones rellenos al romero"
Total cooking time: 12-18 Minuten
Utensils: Bowl with cover (1 l contents), flat, round casserole dish (dm. approx. 26 cm), microwave foil

Ingredients

8		*Large mushrooms (about 500 g), whole*
2	*tbsps*	*Butter or margarine (20 g)*
1		*Onion (50 g), finely chopped*
50	*g*	*Ham, finely diced,*
		Black pepper, ground rosemary,
125	*ml*	*Dry white wine*
125	*ml*	*heavy whipping cream*
2	*tbsps*	*Flour (20 g)*

Preparation

1. Remove stems from mushrooms, finely chop the stems.
2. Add butter to the bowl and distribute evenly on the bottom of the bowl. Add onions, diced ham and mushroom stems, season with pepper and rosemary, cover and cook.

   3-5 Min. 100P

   Let cool.
3. In a covered casserole dish, heat 100 ml. Wine and the Heavy whipping cream.

   1-3 Min. 100P
4. Mix the rest of the wine and the flour to make a thin dough, add the hot liquid, cover and cook. Stir once.

   approx. 1 Min. 100P
5. Fill the mushroom caps with the ham mixture, place into the sauce and bake on the high rack.

   7-9 Min. 30P

   After cooking, let the mushrooms stand for about 2 minutes.

France

Quiche with Shrimp

"Quiche aux crevettes"
Total cooking time: approx. 26-32 minutes
Utensils: round baking or quiche dish (dm. approx. 26 cm)
Bowl with cover (2 l contents)

Ingredients

100	*g*	*Flour*
60	*g*	*Butter or margarine*
2	*tbsps*	*Cold water*
1	*tsp*	*Butter or margarine to grease the pan*
2		*Onion (100 g), finely chopped*
100	*g*	*Bacon (2 slices), finely diced*
100	*g*	*Shelled Shrimp*
2	*tbsps*	*Butter or margarine (20 g)*
2		*Eggs*
100	*ml*	*Sour cream*
		Salt and pepper
		Nutmeg
1	*tbsp*	*Parsley, chopped*

Preparation

1. Mix flour, butter, water and salt, let stand in cool place for 30 minutes.
2. Grease the pan. Roll out the dough and place into the pan, pierce with a fork several times and pre-bake.

   4-5 Min. 100P
3. Distribute the butter evenly in the bowl. Add onions, bacon and shrimps to the bowl. Cover and cook. Stir once.

   3-5 Min. 100P

   Drain fluid after cooling.
4. Mix eggs, sour cream and spices.
5. Mix all other ingredients and distribute on the quiche dough. Place onto the low rack and cook.

   16-18 Min. 30P/230°C
   3-4 Min.
6. Sprinkle parsley on top prior to serving.

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Soups

Sweden

Crab soup

"Kräftsoppa"
Total cooking time: approx. 11-15 minutes
Utensils: Bowl with cover (2 l contents)

Ingredients

1		*Onion (50 g), finely chopped*
50	*g*	*Carrots, in slices*
2	*tbsps*	*Butter or margarine (20 g)*
500	*ml*	*Meat broth*
100	*ml*	*White wine*
100	*ml*	*Madeira*
200	*g*	*Crabmeat from a jar*
1/2		*Bay leaf*
3		*White pepper corns*
		Thyme
3	*tbsps*	*Flour (30 g)*
100	*ml*	*heavy whipping cream*
1	*tbsp*	*Butter or margarine*

Preparation

1. Put vegetables and butter or margarine into the bowl, cover and heat.

   2-3 Min. 100P

2. Add the meat broth, wine, Madeira, crabmeat and spices to the vegetables. Cover and cook.

   7-9 Min. 50P

3. Remove the bay leaf and peppercorns from the soup. Mix the flour with a little bit of cold water and add to the soup. Add the Heavy whipping cream, stir and reheat.

   2-3 Min. 100P

4. Stir the soup and let stand for about 5 minutes. Add butter just prior to serving.

Switzerland

Barley soup from the Grisons Canton

"Bündner Gerstensuppe"
Total cooking time: approx. 30-35 minutes
Utensils: Bowl with cover (2 l contents)

Ingredients

2	*tbsps*	*Butter or margarine (20 g)*
1		*Onion (50 g), finely chopped*
1-2		*Carrots (130 g), in slices*
15	*g*	*Celery, diced*
1		*Leek (130 g), sliced in rings*
3		*White cabbage leaves (100 g), sliced*
200	*g*	*Veal bones*
50	*g*	*Marbeled ham, sliced*
50	*g*	*Barley seeds*
700	*ml*	*Meat broth*
		Pepper
4		*Wiener sausages (300 g)*

Preparation

1. Add butter and onions to the bowl, cover and steam.

   1-2 Min. 100P

2. Put vegetables into the bowl. Add bones, ham slices and barley, fill with meat broth. Season with pepper, cover and cook.

   9-11 Min. 100P
   20-22 Min. 50P

3. Cut the sausages into small pieces, add to soup during the last 5 minutes of cooking time.
4. After cooking, let the soup stand for about 5 minutes. Remove the bones from the soup.

Netherlands

Mushroomsoup

"Champignonsoep"
Total cooking time: approx. 11-14 minutes
Utensils: Bowl with cover (2 l contents)

Ingredients

200	*g*	*Mushrooms, in slices,*
1		*Onion (50 g), finely chopped*
300	*ml*	*Meat broth*
300	*ml*	*Heavy whipping cream*
2 1/2	*tbsps*	*Flour (25 g)*
2 1/2	*tbsps*	*Butter or margarine (25 g),*
		Salt, Pepper
1		*Egg yolk*
150	*g*	*Cream (Crème Fraiche)*

Preparation

1. Put vegetables and meat broth into a bowl, cover and heat.

   7-9 Min. 100P

2. Puree all ingredients with a blender. Add heavy whipping cream.
3. Mix flour and butter to a thin dough, season with pepper, cover and cook. Stir after cooking.

   3-4 Min. 100P

4. Mix egg yolk and cream (Crème Fraiche), slowly stir into the soup. Reheat for a short time, do not bring to a boil!

   approx. 1 Min. 100P

   After cooking, let the soup stand for about 5 minutes.

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Soups

Spain

Potato cream soup

"Crema de patata"
Total cooking time: approx. 17-22 minutes
Utensils: Two bowls with cover (2 l contents)

Ingredients

300	*ml*	*Meat broth*
300	*g*	*Celery, diced*
1		*Onion (50 g), finely chopped*
1		*Bay leaf*
500	*ml*	*Milk*
2-3	*tbsps*	*Butter or margarine (20-30 g)*
2-3	*tbsps*	*Flour (20-30 g), Salt, Pepper*
		Nutmeg, powdered
3	*tbsps*	*Cream (Crème Fraiche)*

Preparation

1. Add broth, potatoes, onion and bay leaf to a bowl. Cover and cook.

   8-10 Min. 100P

2. Remove the bay leaf; puree all ingredients with a blender.
3. Heat the milk.

   3-5 Min. 100P

4. Mix butter and flour and add to milk.
5. Add potatoes mixture, spices and cream. Cover and cook, stirring occasionally.

   6-7 Min. 100P

France

Onion soup

"Soupe á l'oignon et au fromage"
Total cooking time: approx. 15-19 minutes
Utensils: Bowl with cover (2 l contents)
4 soup bowls (each 200 ml)

Ingredients

1	*tbsp*	*Butter or margarine*
2		*Onions (100 g), in slices*
800	*ml*	*Meat broth*
		Salt, pepper
2		*Toast slices*
4	*tbsps*	*Shredded cheese (40 g)*

Preparation

1. Distribute the butter evenly in the bowl. Add onion slices, meat broth and spices, cover and cook.

   9-11 Min. 100P

2. Toast the bread slices, dice them and distribute evenly among the soup bowls. Pour soup over toast cubes, top with shredded cheese.
3. Place the soup bowls onto the high rack and bake.

   6-8 Min.

Meat, Fish and Poultry

Germany

Meat Kebab

"Bunte Fleischspiesse"
Total cooking time: approx. 17-20 minutes
Utensils: High rack
Four wooden sticks
(approx. 25 cm long)

Ingredients

400	*g*	*escalope of pork*
100	*g*	*Bacon*
2		*Onions (100 g), quartered*
4		*Tomatoes (250 g), quartered*
1/2		*Green bell peppers (100 g) divided into eights*
3	*tbsps*	*Oil*
4	*tsps*	*Paprika*
		Salt
1	*tsp*	*Cayenne pepper*
1	*tsp*	*Worcester sauce*

Preparation

1. Cut the escalope of pork and bacon into 2-3 cm large dices.
2. Alternate meat and vegetables and place onto the four wooden sticks.
3. Mix oil and spices, cover sticks with the oil mixture. Place the kebabs onto the high rack and bake. Turn the kebabs after 2/3 of the cooking time.

   17-20 Min. 50P

4. After cooking, let the sticks stand for about 2 minutes.

Italy

Lamb cutlets with herb butter

"Costolette di agnello al burro verde"
Total cooking time: approx. 22-27 minutes
Utensils: High rack

Ingredients

1-2	*tbsps*	*Parsley, finely chopped*
1		*Garlic clove, crushed*
50	*g*	*Soft butter*
2	*tbsps*	*Dry white wine*
		Pepper, fresh ground
8		*Lamb cutlets (each 100 g)*
		Salt

Preparation

1. Mix parsley, garlic and butter. Slowly add wine, season with pepper.
2. Wash cutlets, pat dry, slightly cut with a sharp knife on the thickest part. Put herb butter mixture into this opening. Cover the cutlets with the rest of the herb-butter mixture.
3. Place the cutlets onto the high rack and bake.

   14-16 Min. Turn.
   8-11 Min.

4. Salt after grilling, let stand for about 2 minutes.

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Meat, Fish and Poultry

Spain

Stuffed Ham

"Jamón relleno"

Total cooking time: approx. 14-18 minutes
Utensils: Bowl with cover (2 l contents)
Flat, oval, casserole dish
(approx. 32 cm long)

Ingredients

150	*g*	*Leaf spinach, stems removed*
150	*g*	*Curd, 20 % D.m.f.c.*
50	*g*	*Shredded Emmentaler Cheese*
		Pepper
		Paprika
8		*Dry yeast (400 g)*
125	*ml*	*Water*
125	*ml*	*heavy whipping cream*
2	*tbsps*	*Flour (20 g)*
2	*tbsps*	*Butter or margarine (20 g)*
1	*tsp*	*Butter or margarine to grease the pan*

Preparation

1. Finely cut the spinach; mix with curd and cheese, season to taste.
2. Place one tablespoon of filling onto each slice of ham, roll ham up. Secure with a wooden stick.
3. Prepare a béchamel sauce. Add the fluid into the bowl. Cover and cook.

   2-3 Min. 100P

4. Mix butter and flour, add to fluid, stir with a wire whisk until smooth. Cover, cook and wait until it solidifies slightly.

   approx. 1 min. 100P

   Stir the soup and season to taste.

5. Put sauce into the greased casserole dish, add the ham rolls, cook on the low rack.

   11-14 Min. 70P

   After cooking, let the ham rolls stand for about 2 minutes.

   Tip:
   You can also use a commercially available béchamel sauce.

Greece

Aubergines stuffed with minced meat

"Melitsánes jemistés mé kimá"

Total cooking time: approx. 18-20 minutes
Utensils: Bowl with cover (1 l contents)
Flat, oval casserole dish with cover
(approx. 30 cm long)

Ingredients

2		*Aubergines, without stalks (each about 250 g)*
		Salt
3		*Tomatoes (approx. 200 g)*
1	*tsp*	*Olive oil to grease the pan*
2		*Onion (100 g), finely chopped*
4		*Mild, green peppers*
200	*g*	*Mincemeat (beef or lamb)*
2		*Garlic clove, crushed*
2	*tbsps*	*Parsley, chopped*
		Salt
		Pepper
		Rose paprika
60	*g*	*Greek feta cheese, diced*
1	*tsp*	*Olive oil to grease the pan*

Preparation

1. Cut the aubergines in half lengthwise. Remove the flesh with a teaspoon, leaving an edge about 1 cm thick. Season the aubergine with salt. Dice the flesh.
2. Remove skin from two tomatoes, remove stem remnants, dice.
3. Grease the bottom of the bowl with olive oil, add onions, cover and steam.

   approx. 100P

4. Remove stems of peppers, core and slice into rings. Set aside 1/3 for garnish. Mix mincemeat, aubergine, onion, tomato dice, pepper rings, crushed garlic and parsley.
5. Pat the aubergines dry. Fill half of the mincemeat mixture into the aubergine, cover with feta cheese, add the rest of the filing.
6. Garnish the aubergine halves with the tomato slices and pepper rings, place into the greased casserole dish, put onto the low rack and bake.

   16-18 Min. 70P

   After cooking, let the aubergines stand for about 2 minutes.

   Tip:
   You can also use zucchini instead of aubergine.

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Meat, Fish and Poultry

China

Pork with cashew nuts

"Guangzhou"
Total cooking time: approx. 17-22 minutes
Utensils: Quiche pan
Bowl with cover (2 l contents)

Ingredients

2		*Dried black mushrooms*
1	tbsp	*Rice wine (sake)*
1	tbsp	*Oil*
1	tsp	*Salt*
1	tbsp	*Sugar*
1	tbsp	*Olive oil to grease the quiche pan*
300	g	*Pork filet, diced*
100	g	*Cashew nuts*
1		*Shallot onion (20 g), finely chopped*
2		*Garlic clove, crushed*
50	g	*Red bell pepper, diced*
50	g	*Green bell pepper, diced*
1	tbsp	*Corn starch*
200	ml	*Water*
1	tsp	*Soy sauce*
		Salt, sugar, white pepper

Preparation

1. As per package directions, pour boiling water over the mushrooms and soak for at least 30 minutes.
2. Mix rice wine with oil, salt and sugar. Marinate meat cubes for 20 minutes.
3. Cover the quiche pan with oil. Distribute meat evenly in quiche pan. Position onto the high rack and bake. Turn once after about 7 minutes, add cashew nuts.

   9 -11 Min. [wave]

4. Transfer the meat and cashew nuts into a bowl, add the prepared vegetables, cover and cook.

   6-8 Min. [microwave] 100P

5. Mix the cornstarch with water, soy sauce and spices, add to the meat-vegetable-mixture and stir. Cover and cook. Stir occasionally and after cooking is finished.

   2-3 Min. [microwave] 100P

Switzerland

Zurich Veal in Cream

"Zürcher Geschnetzeltes"
Total cooking time: approx. 9-14 minutes
Utensils: Bowl with cover (2 l contents)

Ingredients

600	g	*Veal fillet*
1	tbsp	*Butter or margarine*
1		*onion (50 g), finely chopped*
100	ml	*White wine*
		Gravy thickener, dark, for about 1/2 l sauce
300	ml	*heavy whipping cream*
1	tbsp	*Parsley, chopped*

Preparation

1. Cut the fillet into finger thick strips.
2. Distribute the butter evenly in the bowl. Put vegetables and meat into a bowl, cover and heat. Stir once.

   6-9 Min. [microwave] 100P

3. Add white wine, gravy thickener and heavy whipping cream, stir, cover and cook. Stir once during cooking.

   3-5 Min. [microwave] 100P

4. Season to taste, stir again and let stand for about 5 minutes. Garnish with parsley and serve.

France

Rabbit with Thyme

"Lapereau au thym"
Total cooking time: approx. 42-46 minutes
Utensils: Casserole with cover (2 l contents)

Ingredients

1		*Rabbit (1 kg)*
2	tbsps	*Butter, soft*
1	tbsp	*Butter or margarine to grease the pan*
100	g	*Bacon, diced*
15		*Small onion (300 g), whole, peeled*
		Salt
		Pepper
100	ml	*Water*
1	tbsp	*Fresh thyme, finely chopped*
150	ml	*Cream (Crème Fraiche)*
1		*Egg yolk*
		Salt, Pepper

Preparation

1. Preheat the microwave oven to 230°C. Wash the rabbit, pat dry and divide into 8 portions. Cover with butter. Place onto the high rack and bake.

   21-23 Min. [convection] 230°C

2. Grease the casserole pan. Add bacon and onions to the pan. Add meat pieces, season and add water. Cover and cook.

   18-20 Min. [microwave] 100P

3. Remove meat pieces, keep warm. Add the finely chopped thyme to the casserole dish, carefully fold in the cream.
4. Stir the egg yolk in a cup. Add sauce, spoon by spoon, and stir. Now add the egg yolk to the sauce and stir. Cover and cook.

   approx. 3 Min. [microwave] 70P

5. Season the sauce, stir and pour over the meat.

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Meat, Fish and Poultry

Italy

Veal cutlet with Mozzarella

"Scaloppe alla pizzaiola"
Total cooking time: approx. 18-22 minutes
Utensils: Flat, square casserole dish with cover (approx. 25 cm long)

Ingredients

2		*Mozzarella cheese (each 150 g)*
400	*g*	*Tomatoes without skin, from a jar*
4		*Veal cutlets (600 g)*
20	*ml*	*Olive oil*
2		*Garlic cloves, in slices*
		Pepper, fresh ground
2	*tbsps*	*Capers (20 g)*
		Oregano
		Salt

Preparation

1. Cut the mozzarella into slices. Puree the tomatoes with a blender.
2. Wash the cutlets, pat dry and tenderize. Distribute oil and garlic slices in the casserole dish. Add cutlets, pour tomato puree on top of meat. Sprinkle with pepper, capers and oregano, cover and cook.

   9-11 Min. 70P

   Turn meat slices.
3. Place several slices of mozzarella on each slice of meat, season with salt, bake on high rack uncovered.

   9-11 Min. 70P

   After baking, let stand for about 5 minutes.

   Tip:
   Serve with spaghetti and fresh salad.

Greece

Braised Lamb with Green Beans

"Kréas mé fasólia"
Total cooking time: approx. 18-22 minutes
Utensils: Bowl with cover (2 l contents)

Ingredients

1-2		*Tomatoes (100 g)*
400	*g*	*Lamb meat, without bones*
1	*tsp*	*Butter or margarine for greasing the pan*
1		*onion (50 g), finely chopped*
1		*Garlic clove, crushed*
		Salt
		Pepper
		Sugar
250	*g*	*Green beans, from a can*

Preparation

1. Remove skin from tomatoes, remove stem pieces, puree in a blender.
2. Cut lamb meat into large cubes. Grease the pan. Add the meat, onion and crushed garlic clove, season, cover and cook.

   8-10 Min. 100P
3. Add green beans and pureed tomatoes to the meat, cover and cook.

   10-12 Min. 70P

   After cooking, let the stewed meat stand for about 5 minutes.

   Tip:
   If you use fresh green beans, you must first pre-cook them.

Netherlands

Mincemeat Bowl

"Gehacktschotel"
Total cooking time: approx. 23-25 minutes
Utensils: Bowl with cover (2 l contents)

Ingredients

500	*g*	*Mincemeat (half pork, half beef)*
3		*Onion (150 g), finely chopped*
1		*Egg*
50	*g*	*Breadcrumbs*
		Salt and pepper
350	*ml*	*Meat broth*
70	*g*	*Tomato puree*
2		*Potatoes (200 g), diced*
2		*Carrots (200 g), diced*
2	*tbsps*	*Parsley, chopped*

Preparation

1. Mix the mincemeat with onion, egg and breadcrumbs to make a dough, season with salt and pepper. Add the mincemeat dough to the bowl.
2. Mix the meat broth and the tomato puree.
3. Cover the mincemeat with potatoes, carrots and the fluid, mix well, cover and cook. Stir once during cooking.

   23-25 Min. 100P

   Stir the mincemeat bowl again, let stand for about 5 minutes. Sprinkle with parsley and serve.

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Meat, Fish and Poultry

Germany

Beef Fillet in Puff Pastry

Total cooking time: approx. 36-42 minutes
Utensils: Bowl with cover (2 l contents)
Casserole dish (approx. 26 cm long)

Ingredients

300	*g*	*Puff pastry, frozen*
1	*tbsp*	*Butter or margarine*
150	*g*	*Marbled bacon, diced*
4-5		*Spring onions (150 g), sliced in rings*
300	*g*	*Mushrooms, in slices,*
1	*kg*	*Beef fillet*
1	*tbsp*	*Vegetable oil*
1	*tbsp*	*Parsley, finely chopped*
1		*Garlic clove, crushed*
1		*Egg*
		Salt
		Pepper
1-2	*tbsps*	*Milk*

Preparation

1. Thaw the puff pastry according to package directions. Distribute butter in the bowl, add bacon, onions and mushrooms, cover and steam. Stir once during cooking.

   4-6 Min. 100P

   Drain the fluid.

2. Wash the beef fillet, pat dry with paper towels, and rub with oil. Place onto the high rack and bake. Stir once during cooking.

   15-17 Min. 30P

3. Mix the parsley and garlic clove with the steamed vegetables, season with salt and pepper.
4. With a rolling pin, roll the puff pastry into a square (35 x 35 cm). Reserve some dough for garnish.
5. Separate the egg. Baste the egg onto the edges of the dough, place half of the vegetable mixture on the center of the dough.
6. Season the meat with salt and pepper and place on top of the vegetables. Evenly distribute the rest of the vegetable mixture on top of the meat. Fold the puff pastry over the meat-vegetable-mix and push the edges closed. Pierce the dough several times with a fork.
7. Rinse the casserole dish with cold water, place the puff pastry into the casserole dish with the closed edge on the bottom.
8. For garnish, cut out shapes from the rest of the puff pastry and decorate.
9. Mix the egg yolk and milk, baste the dough with this mixture and bake on the low rack in the pre-heated microwave oven.

   17-19 Min. 50P/230°C

   After cooking, let the beef fillet in puff pastry stand for 10 minutes.

China

Prawn Chili

Makes 2 servings

Total cooking time: approx. 6-8 minutes
Utensils: Bowl with cover (1 l contents)
Bowl with cover (2 l contents)

Ingredients

6		*Prawn (240 g without shell)*
45	*ml*	*White wine*
2		*Small leek (200 g)*
1-2		*Chili pepper, hot*
20	*g*	*Ginger*
1	*tbsp*	*Food starch*
2	*tbsps*	*Vegetable oil (20 g)*
1 1/2	*tbsps*	*Soy sauce (20 ml)*
1	*tbsp*	*Sugar*
1	*tbsp*	*Vinegar*

Preparation

1. Wash the prawns. Remove the shell and tail. Cut the backside and remove the veins. Cut each prawn into 2 or 3 pieces. Place one shallow cut into each piece, so that the prawn won't shrink. Place the prawn into a bowl, sprinkle with white wine, cover and marinate.
2. Wash the leek and chili peppers, pat dry. Cut leek into 5 cm long pieces, cut chili peppers in half and remove seeds. Peel the ginger and cut into slices.
3. Remove the prawn from the wine marinade, sprinkle with food starch.
4. Put oil, leek, chili peppers and ginger slices into the bowl, cover and heat.

   approx. 2 Min. 100P

5. Add the prawns. Season with soy sauce, sugar and vinegar, stir, cover and cook.

   4-6 Min. 100P

   After baking, let stand for about 1-2 minutes. Serve hot.

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Meat, Fish and Poultry

France

Sole fillets

"Filets de sole" *Makes 2 servings*
Total cooking time: approx. 12-14 minutes
Utensils: Flat, oval casserole dish with cover (approx. 26 cm long)

Ingredients

400	*g*	*Sole fillets*
1		*Lemon, untreated*
2		*Tomatoes (150 g)*
1	*tsp*	*Butter or margarine to grease the pan*
1	*tbsp*	*Vegetable oil*
1	*tbsp*	*Parsley, chopped*
		Salt and pepper
4	*tbsps*	*White wine (30 ml)*
2	*tbsps*	*Butter or margarine (20 g)*

Preparation

1. Wash the fillets, pat dry. Remove any bones.
2. Cut lemon and tomatoes into thin slices.
3. Grease the casserole pan. Place fish fillets in the pan, sprinkle vegetable oil on top.
4. Sprinkle with parsley, put tomato slices on top, season. Put lemon slices on top of tomatoes, pour white wine over all ingredients.
5. Cover the lemon slices with butter flakes, cover and cook.

12-14 Min. 70P

After baking, let stand for about 2 minutes.

Tip:
You can also use other fish, e.g. rose fish, halibut, mullet or cod.

Norway

Fish Casserole "Sandefjord"

"Fiskegratin Sandefjord"
Total cooking time: approx. 21-23 minutes
Utensils: Flat, oval, casserole dish (approx. 30 cm long)

Ingredients

800	*g*	*Fish fillet, ling or cod*
		Juice of one lemon
		Salt
1	*tsp*	*Butter or margarine to grease the pan*
4		*Tomatoes (300 g), in slices*
100	*g*	*Crab, shelled*
3		*Eggs*
125	*ml*	*Cream*
2	*tsps*	*Green peppercorns*
		Salt
1	*tbsp*	*Parsley, finely chopped*

Preparation

1. Wash the fillets, pat dry. Sprinkle with lemon juice. Let sit for ca. 15 minutes, pad dry again, salt.
2. Grease the pan, place tomatoes, crab and fish fillet in layers.
3. Mix eggs, cream, spices and parsley. Pour sauce over casserole. Position uncovered onto the low rack and cook.

21-23 Min. 70P/200°C

4. After cooking, let the casserole stand for about 5-10 minutes.

Switzerland

Fish Fillet with Cheese Sauce

Total cooking time: approx.17-20 minutes
Utensils: Bowl with cover (1 l contents)
Flat, oval casserole dish (approx. 26-30 cm long)

Ingredients

4		*Fish fillet (about 800 g)*
		(e.g. Egli-fish, flounder of cod)
2	*tbsps*	*Lemon juice*
		Salt
1	*tbsp*	*Butter or margarine*
1		*Onion (50 g), finely chopped*
2	*tbsps*	*Flour (20 g)*
100	*ml*	*White wine*
1	*tsp*	*Olive oil to grease the pan.*
100	*g*	*Shredded Emmentaler cheese*
2	*tbsps*	*Parsley, chopped*

Preparation

1. Wash the fillets, pat dry and dribble with lemon juice. Let stand for about 15 minutes, pat dry one more time, salt.
2. Distribute the butter evenly in the bowl. Add onion, cover and steam.

approx. 2 Min. 100P

3. Sprinkle flour over onions, stir. Add white wine and mix.
4. Grease the casserole pan and place the fillets in pan. Pour sauce over the fillets, sprinkle with cheese, bake on low rack.

15-18 Min. 70P

After baking, let stand for about 2 minutes. Garnish with parsley and serve.

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Meat, Fish and Poultry

Germany

Spicy Turky Pan

for 2 servings

Total cooking time: approx. 21-26 minutes
Utensils: Flat, oval casserole dish with cover (approx. 26 cm long)

Ingredients

1		*120 g Rice, parboiled*
1		*Package Saffron*
1	*tsp*	*Butter or margarine to grease the pan*
1		*Onions (50 g), in slices*
1		*Red bell peppers (100 g), in strips*
1		*Small Leek (100 g), cut in strips*
300	*g*	*Turkey breast, diced*
		Pepper, Paprika powder
2	*tbsps*	*Butter or margarine (20 g)*
2		*Cups meat broth (300 ml)*

Preparation

1. Mix rice and saffron, put into greased casserole pan. Mix onions, bell pepper, leek and turkey breast, season to taste. Place on top of rice. Distribute butter in flakes on top.
2. Pour meat sauce on top, cover and cook.

5-7 Min.		100P
16-19 Min.		30P

After baking, let stand for about 5 minutes.

Tip:
You can use chicken breast instead of turkey breast.

France

Chicken with Curry

"Poulet au curry"
Total cooking time: approx. 28-32 minutes
Utensils: Bowl with cover (3 l contents)

Ingredients

1		*Chicken (1000 g)*
1	*tsp*	*Butter or margarine to grease the pan*
2		*Carrots (200 g), finely diced*
1		*1 Stick celery (150 g), finely diced*
1		*Garlic clove*
1		*Apple, peeled (125 g), finely diced*
1		*Onion (50 g), finely chopped*
		Salt, pepper
1-2	*tbsps*	*Curry*
1	*tbsp*	*Flour*
150	*ml*	*Water (1 cup)*
3		*Tomatoes (200 g), peeled*

Preparation

1. Wash the chicken, pat dry and divide into 8 portions.
2. Grease the pan. Place chicken pieces in pan, add vegetables and season with salt and pepper. Dust with curry and flour, mix well. Add water and peeled, crushed tomatoes. Cover and cook on low rack. After half of cooking time, stir once and continue cooking, uncovered.

28-32 Min.		70P/220°C

After baking, let stand for about 3 minutes.

Tip:
Serve with rice, some shaved coconut, mango chutney and banana slices to soften the spiciness.

Austria

Stuffed Chicken

"Gefülltes Brathendl" *for 2 servings*
Total cooking time: approx. 31-35 minutes
Utensils: Kitchen string

Ingredients

1		*Chicken (1000 g)*
		Salt
		Rosemary, ground
		Marjoram, ground
1		*Old, hard bread roll (40 g)*
		Salt
1		*Bunch of Parsley, finely chopped (10 g)*
1	*pinch*	*Nutmeg*
2	*tbsps*	*Butter or margarine (20 g)*
1		*Egg yolk*
3	*tbsps*	*Butter or margarine (30 g)*
1	*tbsp*	*Paprika*
		Salt

Preparation

1. Wash the chicken, pat dry and rub inside with salt, rosemary and marjoram.
2. To prepare the filling, soak the bread roll in cold water for about 10 minutes, squeeze excess moisture out. Mix with salt, parsley, nutmeg, butter and egg yolk, fill the chicken with this mixture. Tie the opening closed using kitchen string.
3. Heat the butter.

approx. 1 Min.		100P

Mix paprika, salt and melted butter, brush the chicken.

4. Place the chicken with breast side down onto the low rack, cook. 1/2 of the thawing time.

30-34 Min.		50P/200°C

After cooking, let the filled chicken stand for about 5 minutes.

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Meat, Fish and Poultry

France

Duck in Orange Sauce

"Carnard à l'orange"
Total cooking time: approx. 65-73 minutes
Utensils: Round baking pan (dm. approx. 32 cm)
Soup bowls
Two bowls with cover (2 l contents)

Ingredients

1		*Young duck (1800 to 2000 g) without Innards*
		Salt
		Pepper
1		*Twig of Marjoram*
200	*ml*	*Water*
1		*Duck liver (50 g)*
6		*Oranges, untreated (1200 g)*
1	*tbsp*	*Sugar (10 g)*
1	*tbsp*	*Water*
1	*tbsp*	*Vinegar*
250	*ml*	*Meat broth*
150	*ml*	*Port wine*
1	*tbsp*	*Potato flour (10 g)*

Preparation

1. Wash the inside and outside of the duck, pat dry, season with salt and pepper. Place the twig of marjoram in the inside of the duck.
2. Pour water into the baking pan and place a soup bowl, upside-down, into it. Place the duck on top of the plate, bake on low rack. Turn after 1/2 of cooking time.

   58-62 Min. 30P/230°C

   Place the duck on a pre-warmed serving platter.

3. Carefully remove excess fat from the roast drippings and put into a bowl. Add duck liver, cover and cook.

   2-4 Min. 100P

4. Thinly peel two oranges, cut the peel into very thin strips. Put into the second bowl, add sugar and water, cover and heat.

   2-3 Min. 100P

5. Add the orange peel, vinegar, meat broth and port wine to the liver.
6. Squeeze the juice of one orange. Mix the potato flour with the orange juice and stir into the sauce. Cover, cook and wait until the sauce slightly thickens. Stir occasionally and after cooking is finished.

   3-4 Min. 100P

7. Peel the leftover oranges, filet (remove fruit pulp from skin) and also place on serving platter. If required, remove excess fat from sauce, remove the duck liver and season to taste.
8. Pour some sauce over the orange filets. Fill rest of sauce into a sauce boat and serve alongside the duck.

   Tip:
   If required, place the duck on the low rack and bake for an additional 5 minutes prior to serving.

Italy

Quails in Cheese and Herb Sauce

"Quaglie in salsa vellutata"
Total cooking time: approx. 18-22 minutes
Utensils: Kitchen string
Flat, square casserole dish (approx. 20 x 20 x 6 cm)
Bowl with cover (1 l contents)

Ingredients

4		*Quails (600 - 800 g)*
		Salt
		Pepper
200	*g*	*Marbled bacon, thinly sliced*
1	*tsp*	*Butter or margarine to grease the pan*
1 tbsp each		*Fresh Parsley per quail*
		Sage
		Rosemary
		Basil, finely chopped
150	*ml*	*Port wine*
250	*ml*	*Meat broth*
2	*tbsps*	*Butter or margarine (20 g)*
2	*tbsps*	*Flour (20 g)*
50	*g*	*Shredded Emmentaler cheese*

Preparation

1. Wash the quails and carefully pat dry. Salt and pepper the inside and outside, wrap bacon slices around outside, tie with kitchen string.
2. Place the quails onto the high rack and bake.

   8-10 Min. 70P

3. Grease the casserole dish, place the quail with the grilled side down into the casserole dish.
   Finely chop the herbs, sprinkle over quail and pour port wine over it. Place the quails onto the low rack and cook.

   6-8 Min. 70P

   Remove the quail from the gravy.

4. Put sauce into a bowl, cover and heat.

   approx. 2 Min. 100P

   Mix butter and flour, add to sauce, let come to a boil and cook.
   Stir once during cooking.

   approx. 2 Min. 100P

5. Stir cheese into the sauce. Add the cheese sauce to the gravy, mix well, pour over quail and serve.

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Meat, Fish and Poultry

Japan

Japanese Stew

"Nikujaga"

Total cooking time: approx. 32-36 minutes
Utensils: Bowl with cover (3 l contents)

Ingredients

200	*g*	*Lean beef*
500	*g*	*Potatoes, quartered or cut in eights.*
400	*g*	*Onions, quartered or cut in eights.*
400	*ml*	*Water*
3	*tbsps*	*Sugar (30 g)*
3	*tbsps*	*Rice wine*
3	*tbsps*	*Mirin (sweet rice wine)*
70	*ml*	*Soy sauce*

Preparation

1. Cut the meat lengthwise into very thin strips (3-4 cm), put into bowl.
2. Layer the prepared vegetables on top of the meat. Mix all other ingredients and pour over top. Cover and cook. Stir twice during cooking time.

11-13 Min.		100P
21-23 Min.		50P

3. After cooking, let stand for about 10 minutes.

Tip:
You can use pork or veal instead of beef.

Spain

Chicken Rolls with Raisins

"Rollitos de Pollo y pasas"

Total cooking time: approx. 18-20 minutes
Utensils: Bowl with cover (2 l contents)

Ingredients

4		*Thin chicken breast fillet (600 g)*
		Salt
		Pepper
4		*Slices ham (200 g)*
50	*g*	*Quesitos (span. Cheese)*
1		*Can leek soup (400 g)*
50	*g*	*Raisins, washed*

Preparation

1. Wash the fillets, pat dry and tenderize. Season with salt and pepper Place one slice of ham and cheese on top of each filet.
2. Roll the fillets up. Secure with a small wooden pick, place into bowl.
3. Pour soup over chicken rolls, add raisins. Cover and cook.

18-20 Min.		100P

Let stand for about 10 minutes prior to serving.

Germany

Leek Tart

Total cooking time: approx. 29-37 minutes
Utensils: Bowl with cover (2 l contents), spring form (diam. approx. 26 cm)

Ingredients

450	*g*	*Leek, in thin rings*
3	*tbsps*	*Water*
		Salt
1	*pinch*	*Curry*
100	*g*	*Whole-wheat flour*
80	*g*	*Rye flour type 1150*
3	*tsps*	*Baking powder*
1		*Egg*
75	*g*	*Low-fat yoghurt*
1	*tbsp*	*Vegetable oil*
1/2	*tsp*	*Salt*
1	*tsp*	*Butter or margarine to grease the pan*
150	*g*	*Sour Cream*
3		*Eggs*
2	*tbsps*	*Whole wheat flour (20 g)*
		Herbal salt
		Pepper
1	*pinch*	*Nutmeg*
1	*tsp*	*Parsley, finely chopped*
1	*tsp*	*Chives, finely chopped*
1	*tsp*	*Dill, finely chopped*
100	*g*	*Shredded Emmentaler cheese*

Preparation

1. Put leek and water into the bowl. Cover and cook.

5-8 Min.		100P

Drain the fluid. Season the leeks with salt and curry.

2. Mix flour and baking powder. Add the egg, yoghurt, oil and salt; knead the dough with a handheld blender.
3. Grease the spring form. Roll the dough to the size of the baking pan, place into baking pan. Pull up an edge of about 1 cm
4. Mix sour cream, eggs and milk. Season with herbal salt, pepper, nutmeg and herbs. Mix with cheese.
5. Stir this mixture with the leek. Evenly spread this mixture onto the dough.
   Position onto the low rack and bake.

11-13 Min.		30P/230°C
11-13 Min.		230°C
2-3 Min.		

After baking, let stand for about 2 minutes.

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Vegetables

Austria

Cauliflower with Cheese Sauce

"Karfiol mit Käsesauce"
Total cooking time: approx. 18-21 minutes
Utensils: Bowl with cover (2 l contents)
Bowl with cover (1 l contents)

Ingredients

800	*g*	*Cauliflower (1 head)*
1		*Cup water (150 ml)*
125	*ml*	*Milk*
125	*ml*	*Cream*
75-100	*g*	*Soft cheese*
2-3	*tbsps*	*Gravy thickener, light color (20-30 g)*

Preparation

1. Slice the stem of the cauliflower several times. Place cauliflower, head up, into the bowl, add water, cover and cook.

   15-17 Min. 100P

   Let cauliflower stand for a few minutes, covered, then drain the fluid.
2. Add milk and heavy whipping cream to the bowl. Coarsely chop soft cheese, add. Cover and cook.

   approx. 2-3 Min. 100P
3. Stir the Gravy thickener in, cover and reheat.

   approx. 1 Min. 100P

   Stir the sauce and pour over cauliflower.

   Tip:
   You may also sprinkle chopped parsley on top of the cauliflower prior to serving.

France

Ratatouille

"Ratatouille special"
Total cooking time: approx. 17-19 minutes
Utensils: Bowl with cover (2 l contents)

Ingredients

5	*tbsps*	*Olive Oil (50 ml)*
1		*Garlic clove, crushed*
1		*Onions (50 g), in slices*
1		*Small aubergine (250 g), cut into large cubes*
1		*Zucchini (200 g), cut into large cubes*
1		*Bell pepper (200 g), cut into large cubes*
1		*Small fennel (75 g), finely diced*
		Pepper
1		*Bouquet Garni*
200	*g*	*Artichoke hearts from a jar, quartered*
		Salt
		Pepper

Preparation

1. Put olive oil and garlic into the bowl. Add the prepared vegetables, except the artichoke hearts, season with pepper. Add the Bouquet Garni, cover and cook. Stir once during cooking.

   17-19 Min. 100P

   During the last 5 minutes of cooking time add artichoke hearts and heat.
2. Season the ratatouille with salt and pepper. Remove the Bouquet Garni prior to serving. After cooking let stand for about 2 minutes.

   Tip:
   Serve this hot vegetable stew alongside meat dishes. It tastes great served cold as an appetizer. A Bouquet Garni is made of:
   - One parsley root
   - One bunch soup greens
   - One twig lovage
   - One twig thyme
   - Some bay leaves

France

Dauphin Potatoes

"Gratin dauphinois"
Total cooking time: approx. 23-25 minutes
Utensils: Flat, oval casserole dish (approx. 26 cm long)

Ingredients

1	*tbsp*	*Butter or margarine*
500	*g*	*Potatoes, peeled, thinly sliced*
		Salt
		Pepper
2		*Garlic clove, crushed*
300	*g*	*Cream (Crème Fraiche)*
150	*ml*	*Milk*
50	*g*	*Shredded cheese (Gouda)*

Preparation

1. Evenly distribute butter in pan. Layer potato slices in pan. Season each layer with salt, pepper and garlic.
2. Mix cream and milk, pour over potatoes. Sprinkle with cheese, bake on low rack.

   23-25 Min. 70P/200°C

   After baking, let stand for about 10 minutes.

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Vegetables

Netherlands

Chicory au Gratin

"Gegratineerde Brussels lof"
Total cooking time: approx. 19-24 minutes
Utensils: Bowl with cover (2 l contents)
Flat, oval, casserole dish
(approx. 32 cm long)

Ingredients

8		*Small Chicory (800 g)*
125	*ml*	*Water*
125	*ml*	*Milk*
2	*tbsps*	*Gravy thickener, light color (20 g)*
2		*Egg yolk*
4	*tbsps*	*Shredded, aged Gouda cheese (20 g)*
		Salt
		Pepper
1	*tsp*	*Butter or margarine to grease the pan*
4		*Slices ham (200 g)*
2	*tbsps*	*Shredded, aged Gouda cheese (10 g)*

Preparation

1. With sharp knife, remove the bitter part of the chicory. Put water into a bowl, add chicory, cover and cook. Turn chicory once during cooking.

   10-12 Min. 100P

2. Remove the chicory. Add milk to the bowl, stir in Gravy thickener. Cover, cook and wait until the sauce slightly thickens. Stir occasionally and after cooking is finished.

   3-4 Min. 70P

3. Stir the egg yolk in a cup. Slowly, spoon by spoon, add sauce to the egg yolk. Stir egg mixture into the sauce, and add cheese.
   Mix everything well, season to taste.
4. Grease the casserole pan and place chicory in it.
   Cut ham slices in half, place on top of the chicory, pour sauce over everything. Sprinkle the casserole with Gouda cheese, bake on high rack.

   6-8 Min. 50P

   After baking, let stand for about 5 minutes.

Germany

Broccoli-Potato-Gratin with Mushrooms

Total cooking time: approx. 36-39 minutes
Utensils: Bowl with cover (2 l contents)
Round casserole dish (dm. 26 cm)

Ingredients

400	*g*	*Potatoes, peeled and halved, if required.*
400	*g*	*Broccoli, in flowerets*
6	*tbsps*	*Water (60 ml)*
1	*tsp*	*Butter or margarine to grease the pan*
400	*g*	*Mushrooms, in slices,*
1	*tbsp*	*Parsley, finely chopped*
		Salt
		Pepper
3		*Eggs*
125	*ml*	*Heavy whipping cream*
125	*ml*	*Milk*
		Salt
		Pepper
		Nutmeg
100	*g*	*Gouda cheese, freshly shredded*

Preparation

1. Add the potatoes and broccoli to the bowl. Add the Water, cover and cook. Stir once during cooking.

   9-12 Min. 100P

2. Cut the potatoes into slices.
3. Grease the casserole pan. Layer the broccoli, mushrooms and potatoes. Sprinkle with parsley, season with salt and pepper.
4. Mix eggs, liquids and spices and pour this mixture over the vegetables. Sprinkle cheese on top and cook. (This recipe will make about 1.5 kg)

   INSTANT ACTION "Gratin"

   After baking, let stand for about 10 minutes.

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Vegetables

Italy

Roman Artichokes

"Carciofi alla Romana" *makes 2 servings*

Total cooking time: approx. 17-19 minutes
Utensils: Flat, oval casserole dish with cover (approx. 26 cm long)

Ingredients

2		*Artichokes (800 g)*
1	*l*	*Water*
		Juice of one lemon
2		*Garlic clove, crushed*
1		*Bunch of Parsley, finely chopped (10 g)*
10		*Leaves mint, chopped*
2	*tbsps*	*Bread crumbs (20 g)*
5	*tbsps*	*Olive Oil (50 ml)*
		Salt
		Black pepper, freshly ground
100	*ml*	*Olive Oil*
400	*ml*	*Water*
		Black pepper, freshly ground
		Salt

Preparation

1. Remove the outer, dry leaves and the prickly top of the artichoke. Cut the stem down to a 3 cm long stump. Place artichokes in a bowl filled with cold water and lemon juice, this will prevent discoloration of cuts.
2. Mix garlic, parsley, mint, breadcrumbs and olive oil, season with salt and pepper.
3. Remove the artichokes from the water, pat dry. Slightly push the leaves apart, so that each leaf makes a little opening. Remove the straw from this opening. Push a small amount of filling into this opening. Carefully push the leaves back together, to secure the filling.
4. Place artichokes into the casserole dish. Add oil and water. Sprinkle with freshly ground pepper and salt, cover and cook.

17-19 Min.		100P

After baking, let stand for about 2 minutes.

Germany

Filled Tomatoes with Spring Onions

Total cooking time: approx. 20-27 minutes
Utensils: Bowl with cover (about 1 l content)
Flat, oval casserole dish with cover (approx. 26 cm long)

Ingredients

1/2		*Bunch thyme (5 g)*
35	*g*	*Buckwheat seeds*
2	*tbsps*	*Butter or margarine (20 g)*
1		*Onion (50 g), finely chopped*
2		*Garlic clove, crushed*
100	*ml*	*Vegetable broth*
1		*Bunch fresh parsley, smooth (10 g)*
100	*g*	*Gouda cheese, whole piece*
		Salt
		Black pepper, fresh ground
4		*Butcher tomatoes (600 g)*
1	*tsp*	*Butter or margarine for greasing the pan*
4-5		*Spring onions (150 g)*
1		*Bunch basil (10 g)*

Preparation

1. Remove stems from thyme. Wash buckwheat seeds. Distribute the butter evenly in the bowl. Put onion, garlic, buckwheat and thyme into the bowl, cover and heat.

2-3 Min.		100P

2. Add broth, cover and cook.

8-10 Min.		70P

3. Remove stems from parsley, cut into thin strips. Cut 4 slices of Gouda, dice the rest. Add parsley and cheese dices to the cooled buckwheat, season.
4. Remove the caps of the tomatoes, remove the pulp. Loosely fill the tomatoes with buckwheat. Place one slice of cheese on each tomato, place lid on top.
5. Cut the spring onions into diagonal slices. Remove stem from basil.
6. Grease the casserole pan. Evenly distribute onions, basil leaves and tomato pulp in pan.
7. Place tomatoes on top of the onion mixture, cover and cook.

10-14 Min.		70P

After cooking, let the filled tomatoes stand for about 2 minutes.

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Noodles, Rice and Dumplings

Italy

Tagliatelle with Cream and Basil

"Tagliatelle alla panna e basilico" *makes 2 servings*
Total cooking time: approx. 15-21 minutes
Utensils: Bowl with cover (2 l contents)
Round soufflé pan (dm. approx. 20 cm)

Ingredients

1	*l*	*Water*
1	*tsp*	*Salt*
200	*g*	*Tagliatelle (ribbon noodles)*
1		*Garlic clove*
15-20		*Basil leaves*
200	*g*	*Cream (Crème Fraiche)*
30	*g*	*Shredded Parmesan cheese*
		Salt
		Pepper

Preparation

1. Add water and salt in a bowl, cover and bring to a boil.

8-10 Min.		100P

2. Add noodles, bring again to a boil, let cook using low heat.

1-2 Min.		100P
6-9 Min.		30P

3. Meanwhile, rub the soufflé pan with a garlic clove. Finely chop the basil leaves. Reserve some leaves for garnish.
4. Let noodles drain well. Mix cream and noodles, sprinkle basil on top.
5. Add Parmesan, salt and pepper, fill this mixture into the soufflé pan, stir. Garnish with basil leaves, serve hot.

Germany

Courgette-Pasta-Gratin

Total cooking time: approx. 39-43 minutes
Utensils: Bowl with cover (2 l contents)
Casserole dish (approx. 30 cm long)

Ingredients

500	*ml*	*Water*
1/2	*tsp*	*Oil*
		Salt
80	*g*	*Macaroni noodles*
400	*g*	*Tomatoes from a jar, chopped*
3		*Onion (150 g), finely chopped*
		Basil leaves
		Thyme
		Salt
		Pepper
1	*tbsp*	*Oil to grease the pan*
450	*g*	*Courgette in slices*
150	*g*	*Sour cream*
2		*Eggs*
100	*g*	*Shredded cheddar cheese*

Preparation

1. Add water, oil and salt in a bowl, cover and bring to a boil.

3-5 Min.		100P

2. Break macaroni noodles into small pieces, add, stir and let soak.

9-11 Min.		30P

Let noodles drain well and cool.

3. Mix tomatoes and onion, season well. Grease the casserole pan. Add the macaroni noodles and pour tomato sauce on top. Evenly place zucchini slices on top.
4. Mix sour cream and eggs, pour over casserole. Sprinkle with shredded cheese. Place onto the low rack and cook. (This recipe will make about 1.5 kg)

INSTANT ACTION "Gratin"

After baking, let dish stand for 5-10 minutes.

Sauce for Noodles

Sauce Bolognese

Total cooking time: approx. 14-20 minutes
Utensils: Bowl with cover (2 l contents)

Ingredients

30	*g*	*Marbled bacon*
100	*g*	*Mushrooms, finely diced*
1/2		*Onion (25 g), finely chopped*
1		*Carrots (50 g), finely diced*
50	*g*	*Celery, finely diced*
200	*g*	*Mincemeat, beef*
100	*ml*	*White wine*
1/2		*Bunch of Parsley, finely chopped (5 g)*
3	*tbsps*	*Tomato sauce (45 g)*
1	*pinch*	*Sugar*
1	*pinch*	*Nutmeg*
		Salt
		Pepper

Preparation

1. Finely dice ham, add ham and vegetables into bowl, cover and steam.

4-6 Min.		100P

2. Puree the vegetables. Add the mincemeat, wine, parsley and tomato sauce.
Season with spices. Cover bowl, leave a small opening for steam ventilation. Cook the sauce Stir once during cooking.

4-6 Min.		100P
6-8 Min.		70P

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Noodles, Rice and dumplings

Sauce for Noodles

Tomato sauce

Total cooking time: approx. 8-9 minutes
Utensils: Bowl with cover (2 l contents)

Ingredients

5-7		Tomatoes (500 g)
1	tbsp	Butter or margarine
1		Onion (50 g), finely chopped
2	tbsps	Tomato sauce (30 g)
200	ml	Meat broth
		Salt and pepper
		Sugar, oregano, basil
2	tbsps	Butter or margarine (20 g)
2	tbsps	Flour (20 g)

Preparation

1. Remove skin from tomatoes, remove stem pieces, remove seeds, dice the pulp.
2. Distribute the butter evenly in the bowl. Add onion, cover and steam.

   approx. 2 Min. 100P
3. Add tomato dices, tomato sauce and meat broth, season, cover and steam.

   approx. 3 Min. 100P
4. Mix butter and flour, use wire whisk to add to sauce. Reheat, covered. Stir occasionally and after cooking is finished.

   3-4 Min. 100P

Sauce for Noodles

Gorgonzola Sauce

Total cooking time: approx. 5 minutes
Utensils: Bowl with cover (1 l contents)

Ingredients

200	g	Gorgonzola Cheese
150	ml	Heavy whipping cream
approx. 1	tbsp	Gravy thickener, light color

Preparation

1. Puree the Gorgonzola and cream in a blender or handheld blender.
2. Pour mixture in a bowl, cover and heat.

   approx. 2 Min. 70P
3. Add the Gravy thickener, cover and reheat.

   approx.3 Min. 70P

   Stir again after heating.

   Tip:
   This sauce is sufficient for about 400 g of noodles. Farfalle (butterfly-shaped noodles) are very suitable.

Austria

Bread dumplings

makes 5 servings

Total cooking time: approx. 7-10 minutes
Utensils: 5 cups or pudding molds

Ingredients

2	tbsps	Butter or margarine (20 g)
1		Onion (50 g), finely chopped
approx. 500	ml	Milk
200	g	Dry bread roll, diced
		(approx. 5 rolls / bread rolls)
3		Eggs

Preparation

1. Grease the bottom of the pan, add onions, cover and steam.

   1-2 Min. 100P
2. Cut roll into small cubes, cover with milk and let sit for 10 minutes. Beat eggs.
3. Mix onions, eggs and roll cubes well to form an even dough. If necessary, add some more milk.
4. Evenly distribute this dough in 5 cups or pudding molds, cover with microwave foil, place around the outer side of the turntable and cook.

   6-8 Min. 100P

   After baking, let stand for about 2 minutes.
   Empty dumplings onto a plate prior to serving.

Switzerland

"Tessin Risotto"

Total cooking time: approx. 20-24 minutes
Utensils: Bowl with cover (2 l contents)

Ingredients

50	g	Marbled bacon
2	tbsps	Butter or margarine (20 g)
1		Onion (50 g), finely chopped
200	g	Rice (Arboris)
400	ml	Meat broth
70	g	Sbrinz cheese, shredded
		(alternatively use shredded Emmentaler cheese)
1	pinch	Saffron
		Salt and pepper

Preparation

1. Dice the ham. Distribute the butter evenly in the bowl. Add onion and ham, cover and steam.

   approx. 2 Min. 100P
2. Add the rice, fill with meat broth, boil and let soak.

   3-5 Min. 100P
   15-17 Min. 30P

   After baking, let stand for about 3-5 minutes.
3. Stir cheese and saffron into this mixture, season to taste.

   Tip:
   Serve with baked chanterelle mushrooms or white cap mushrooms and a mixed salad.

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Noodles, Rice and Dumplings

Switzerland

Semolina Gnocchi

"Griessnockerl" *makes about 12-15 servings*

Total cooking time: approx. 19-24 minutes
Utensils: Bowl with cover (2 l contents)
Round, flat casserole dish
(dm. approx. 26 cm)

Ingredients

250	*ml*	*Milk*
1	*tsp*	*Butter or margarine*
1	*pinch*	*Salt*
50	*g*	*Semolina*
1		*Egg white*
1		*Egg yolk*
50	*ml*	*Cream (Crème Fraiche)*
1	*tsp*	*Butter or margarine for greasing the pan*
1	*tbsp*	*Butter or margarine*
30	*g*	*Shredded Sbrinz Cheese (alternatively use shredded Emmentaler cheese)*

Preparation

1. Put milk, butter and salt into a bowl, cover and heat.

   3-4 Min. 100P

2. Add semolina, stir well, cover and let soak.

   9-11 Min. 30P

   Let cool.
3. Beat egg whites until they are stiff. Mix egg yolk with cream and stir into semolina mixture, fold egg whites in.
4. Grease the casserole pan. With two soupspoons, form small ovals, place next to each other into the dish. Cover with butter flakes, sprinkle with shredded cheese. Place onto the high rack and bake.

   7-9 Min. 30P

   After baking, let stand for about 2 minutes.

   Tip:
   Gnocchi are served as a main entree. Serve with spinach.

Italy

Lasagne al forno

Total cooking time: approx. 26-30 minutes
Utensils: Bowl with cover (2 l contents)
Flat, square casserole dish
(approx. 20x20x6 cm)

Ingredients

300	*g*	*Tomatoes from a jar*
50	*g*	*Mushrooms, finely diced*
1		*Onion (50 g), finely chopped*
1		*Garlic clove, crushed*
250	*g*	*Mincemeat, beef*
2	*tbsps*	*Tomato sauce (30 g)*
		Salt and pepper
		Oregano, Thyme, Basil
150	*ml*	*Cream (Crème Fraiche)*
100	*ml*	*Milk*
50	*g*	*Shredded parmesan cheese*
1	*tsp*	*Mixed, chopped herbs*
1	*tsp*	*Olive oil*
		Salt and pepper
		Nutmeg
1	*tsp*	*Olive oil to grease the pan.*
125	*g*	*Green sheet noodles*
1	*tbsp*	*Shredded Parmesan cheese (5 g)*
1	*tbsp*	*Butter or margarine*

Preparation

1. Slice tomatoes, mix with ham, onions, garlic, beef mincemeat and tomato sauce. Season, cover and steam.

   6-8 Min. 100P

2. Mix cream and milk, Parmesan cheese, herbs and oil, season.
3. Grease the casserole pan. Cover bottom of pan with one third of sheet noodles. Place half of mincemeat on top of noodles, pour some sauce over it. Place the second third of noodles on top, layer mincemeat, sauce and the final layer of noodles.
   Top with sauce, sprinkle with parmesan cheese.
   Cover with butter flakes, cook on low rack and cook.

   16-18 Min. 50P/230°C
   approx. 4 Min.

   After baking, let dish stand for 5 to 10 minutes.

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Cakes, Bread, Desserts and Drinks

Germany

Semolina Flummery with Raspberry Sauce

Total cooking time: approx. 15-20 minutes
Utensils: Bowl with cover (2 l contents)

Ingredients

500	*ml*	*Milk*
40	*g*	*Sugar*
15	*g*	*Almonds, chopped*
50	*g*	*Semolina*
1		*Egg yolk*
1	*tbsp*	*Water*
1		*Egg white*
250	*g*	*Raspberries*
50	*ml*	*Water*
40	*g*	*Sugar*

Preparation

1. Put milk, sugar and almonds into a bowl, cover and heat.

   3-5 Min. 100P

2. Add semolina, stir, cover and cook.

   10-12 Min. 30P

3. Mix egg yolk and water in a cup, stir into the hot porridge. Beat egg white stiff, carefully fold in. Transfer semolina flummery into small bowls.
4. To prepare the sauce, wash raspberries, carefully pat dry, put into bowl with water and sugar. Cover and heat.

   2-3 Min. 100P

5. Puree raspberries and serve hot or cold along with the semolina flummery.

France

Pears in Chocolate

"Poires au chocolat"
Total cooking time: approx. 8-14 minutes
Utensils: Bowl with cover (2 l contents)
Bowl with cover (1 l contents)

Ingredients

4		*Pears (600 g)*
60	*g*	*Sugar*
1	*pck.*	*Vanilla sugar (10 g)*
1	*tbsp*	*Pear liquor, 30 Vol.-%*
150	*ml*	*Water*
130	*g*	*Semi-sweet chocolate*
100	*g*	*Cream (Crème Fraiche)*

Preparation

1. Leave pears whole and peel.
2. Put sugar, vanilla sugar, liquor and water into a bowl, mix, cover and heat.

   1-2 Min. 100P

3. Place pears into the liquid, cover and cook.

   6-10 Min. 100P

   Remove pears from liquid, let cool.

4. Pour 50 ml of the liquid into a smaller bowl. Add chocolate and cream, cover and heat.

   1-2 Min. 100P

5. Stir sauce well. Pour sauce over pears and serve.

   Tip:
   Can be served with some vanilla ice cream.

Austria

"Salzburger Nockerl"

makes 3 servings

Total cooking time: approx. 5-6 minutes
Utensils: Round, flat casserole dish (approx. 30 cm long)

Ingredients

4		*Egg white*
1	*pinch*	*Salt*
50	*g*	*Powdered sugar*
1	*tsp*	*Vanilla sugar*
4		*Egg yolk*
2	*tbsps*	*Flour (20 g)*
1	*tsp*	*Butter or margarine for greasing the pan*
1	*tbsp*	*Powdered sugar*

Preparation

1. In a large bowl, beat egg white until it forms a stiff foam, add salt. Slowly add powdered and vanilla sugar, keep beating until stiff.
2. Mix egg yolk with a little bit of egg whites, gently turn under beaten egg whites. Sieve flour over this mixture and also fold in.
3. Grease the casserole pan. Divide the dough into three parts, place all three parts next to each other into the casserole dish.
   Bake the ovals immediately onto the low rack in the pre-heated microwave oven.

   5-6 Min. 30P/230°C

   Immediately dust with powdered sugar, serve hot.

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Cakes, Bread, Desserts and Drinks

Denmark

Fruit Jelly with Vanilla Sauce

"Rødgrød med vanilie sovs"
Total cooking time: approx. 8-12 minutes
Utensils: Bowl with cover (2 l contents)
Bowl with cover (1 l contents)

Ingredients

150	*g*	*Wash and sort red currants*
150	*g*	*Wash and sort strawberries*
150	*g*	*Wash and sort raspberries*
250	*ml*	*White wine*
100	*g*	*Sugar*
50	*ml*	*Lemon juice*
8		*Leaf Gelatin*
300	*ml*	*Milk*
		Core of 1/2 vanilla bean
30	*g*	*Sugar*
15	*g*	*Food starch*

Preparation

1. Reserve some fruits for garnish. Puree rest of berries with white wine, add to bowl, cover and cook.

   5-7 Min. 100P

   Carefully turn sugar and lemon juice under.

2. Soak gelatin in cold water for about 10 minutes, then squeeze excess moisture out. Stir gelatin into the hot fruit puree until it is dissolved. Refrigerate jelly until it solidifies.
3. Add milk and vanilla sauce into bowl.
   Cut open vanilla bean, remove the core. Stir vanilla core, sugar and food starch into the milk, cover and cook.
   Stir occasionally and after cooking is finished.

   3-5 Min. 100P

4. Empty jelly onto a plate, garnish with whole fruits. Serve with vanilla sauce.

   Tip:
   Can also be served with ice-cold cream or yoghurt.

Austria

Curd strudel

"Topfenstrudel"
Total cooking time: approx. 18-20 minutes
Utensils: Bowl (1 l content)
Oval, flat casserole dish (approx. 30 cm long)

Ingredients

125	*g*	*Flour*
1	*tbsp*	*Oil*
1/2		*Egg*
50	*ml*	*Water*
1/4		*Core of one vanilla bean*
50	*g*	*Butter or margarine*
2		*Egg yolk*
75	*g*	*Sugar*
250	*g*	*Curd (20% fat content)*
50	*ml*	*Heavy whipping cream*
2		*Egg white*
		Flour for dusting
40	*g*	*Butter or margarine*
20	*g*	*Breadcrumbs*
30	*g*	*Raisins*
1	*tsp*	*Butter or margarine for greasing the pan*

Preparation

1. To make a dough, knead flour, 1/2 tbsp. oil and the egg with the kneading attachment of a handheld blender. Slowly add enough water to form a smooth, elastic dough. The dough should not be sticky. Brush the dough with the rest of the oil
2. Cover the dough with a hot, wet kitchen towel, let stand for 30 minutes.
3. Cut open vanilla bean, remove the core. With a handheld blender, stir the butter, egg yolk, sugar and vanilla core until creamy. Stir in the curd and cream. Beat egg white until stiff, carefully fold in.
4. Dust a dry kitchen towel with flour. Roll dough onto this surface until it is very thin.
5. Melt the butter in a bowl.

   approx. 1 Min. 100P

   Baste the dough with butter and sprinkle with breadcrumbs. Place an even layer of curd mixture on the dough, sprinkle raisins on top.
6. Using the kitchen towel, carefully turn the dough to form a roll.
7. Grease the pan. Put the strudel roll, seam side down, onto the baking pan and bake on the low rack in the pre-heated microwave oven.

   17-19 Min. 50P/230°C

   Tip:
   Serve the strudel hot or cold. May be served with vanilla sauce.

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Cakes, Bread, Desserts and Drinks

Spain

White Peach Mount

"Melocotones nevados" *makes about 8 servings*
Total cooking time: approx. 6-7 minutes
Utensils: Round, flat glass pan (dm. approx. 24 cm)

Ingredients

470	*g*	*Peach halves from a jar, drip dried*
2		*Egg white*
35	*g*	*Sugar*
75	*g*	*Ground almonds*
35	*g*	*Sugar*
2		*Egg yolk*
2	*tbsps*	*Cognac*
1	*tsp*	*Butter or margarine for greasing the pan*

Preparation

1. Pat the peach halves dry.
2. Beat egg white until stiff. Sprinkle a little sugar into the beaten egg whites.
3. Mix the almonds, the rest of the sugar, egg yolk and cognac.
4. Fill the peach halves with this mixture. Using a pastry bag, squeeze the egg whites onto the filling.
5. Grease the pan. Place the peaches into the baking dish, bake on the low rack.

6-7 Min. 50P

Sweden

Pistachio Rice with Strawberries

"Pistaschris med zordgubbe"
Total cooking time: approx. 23-30 minutes
Utensils: High bowl with cover (2 l contents)

Ingredients

125	*g*	*Long grain rice*
175	*ml*	*Milk*
175	*ml*	*Water*
1		*Vanilla bean*
1		*pinch salt*
50	*g*	*Sugar*
250	*g*	*Strawberries*
40	*g*	*Sugar*
40	*ml*	*Cointreau (Orange liquor, 40 Vol.-%)*
200	*ml*	*Heavy whipping cream*
1		*Egg white*
50	*g*	*Pistachios*

Preparation

1. Add the rice to a bowl, fill with the liquid. Cut open the vanilla bean, add the vanilla bean, salt and sugar to the rice, cover and cook.

3-5 Min. 100P
20-25 Min. 30P

   After baking, let stand for about 5 minutes.
2. Cut strawberries in half, mix with sugar and orange liquor.
3. Remove vanilla bean from rice, place rice in a double boiler to cool, stirring constantly. Beat the cream and egg white, separately, until stiff. Carefully fold the pistachios under the cold rice, then the cream and finally the egg whites.
4. Serve the rice in a large bowl. Make a little hollow, place the strawberries in the hollow.

Germany

Cherry Pudding

"Kirschenmichel"

Total cooking time: approx. 16-18 minutes
Utensils: High, round casserole dish (dm.approx. 20 cm)

Ingredients

4		*Old, hard bread roll (160 g)*
375	*ml*	*Milk*
60	*g*	*Butter or margarine*
8	*tbsps*	*Sugar (80 g)*
4		*Egg yolk*
1	*tbsp*	*Flour*
30	*g*	*Chopped almonds*
		Shredded skin of one Lemon
4		*Egg white*
1	*tsp*	*Butter or margarine for greasing the pan*
350	*g*	*Sour cherries from a jar, drip dried.*
2	*tbsps*	*Breadcrumbs*
1	*tbsp*	*Butter or margarine*

Preparation

1. Cut rolls into small pieces, soak in milk.
2. Beat butter, sugar and egg yolk with a handheld blender until creamy. Add flour, almonds, lemon rind and soaked rolls (squeeze excess moisture out).
3. Beat egg white until stiff, carefully fold in.
4. Grease the pan. Place the bread dough and the cherries into the casserole dish in layers. The uppermost layer should be dough.
5. Sprinkle breadcrumbs onto the top, cover with butter flakes.
   Place onto the low rack and bake in a pre-heated microwave oven.

16-18 Min. 70P/230°C

   After baking, let dish stand for 5-10 minutes.

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Cakes, Bread, Desserts and Drinks

Switzerland

Carrot Cake

"Rueblitorte" *makes about 16 servings*
Total cooking time: approx. 24 minutes
Utensils: Round baking pan (dm. approx. 28 cm)

Ingredients

1	*tsp*	*Butter or margarine for greasing the pan*
5		*Egg yolk*
250	*g*	*Sugar*
250	*g*	*Carrots, finely diced*
		Juice of one lemon
250	*g*	*Ground almonds*
80	*g*	*Flour*
1	*tbsp*	*Baking powder*
5		*Egg white*

Preparation

1. Grease the pan.
2. Beat egg yolk and sugar with a handheld blender until creamy. Add carrots, lemon juice and almonds. Mix flour and baking powder, add to mixture, mix well.
3. Beat egg white until stiff, carefully fold in. Fill dough into the baking dish. Place onto the low rack and bake. (This recipe will make about 1.1 kg).

INSTANT ACTION "Cake"

4. Let cool in the baking dish for 5 minutes.

France

Apple Cake with Calvados

"Tarte aux pommes avec calvados" *makes ca.12-16 pieces*
Total cooking time: approx. 26 minutes
Utensils: Spring form (dm. approx. 28 cm)

Ingredients

200	*g*	*Flour*
1	*tsp*	*Baking powder*
100	*g*	*Sugar*
1	*pck.*	*Vanilla sugar*
1	*pinch*	*Salt*
1		*Egg*
3-4		*Drops Bitter almond flavor*
125	*g*	*Butter*
1	*tsp*	*Butter or margarine for greasing the pan*
50	*g*	*Chopped hazelnuts*
600	*g*	*Apples (Boscop, approx. 3-4 pieces)*
		Cinnamon
2		*Eggs*
1	*pinch*	*Salt*
4	*tbsps*	*Sugar*
1	*pck.*	*Vanilla sugar*
4	*tbsps*	*Calvados (apple brandy)*
1 1/2	*tbsps*	*Food starch*
125	*g*	*Crème double*
		Powdered sugar for dusting

Preparation

1. Mix flour and baking powder. Mix sugar, vanilla sugar, salt, egg, bitter almond flavor and butter. Add to flour mixture and knead with the kneading attachment of a handheld blender. Cover the dough and stand in a cool place for 30 minutes.
2. Grease the pan, roll the dough between two layers of foil and place into the pan. Form an edge of about 3 cm high.
3. Evenly spread hazelnuts onto the dough.
4. Peel, core and quarter the apples, cut into thin slices. Place apple slices in an overlapping pattern onto the hazelnuts, thinly dust with cinnamon.
5. Separate eggs. Beat egg whites until stiff, add a dash of salt and 1 Tbls. sugar. Beat egg yolk, rest of the sugar and vanilla bean until foamy. Add Calvados, food starch and Crème double, carefully fold in. Fold the beaten egg whites in this mixture and evenly spread on top of the apple slices. Place onto the low rack and bake. (This recipe will make about 1.3 kg).

INSTANT ACTION "Cake"

Tip:
Let the cake cool in the baking pan, dust with powdered sugar just prior to serving.

Germany

Cheese Cake

makes about 12-16 servings
Total cooking time: approx. 43-49 minutes
Utensils: Spring form (dm. approx. 28 cm)

Ingredients

250	*g*	*Flour*
1	*tsp*	*Backing powder (3 g)*
125	*g*	*Butter or margarine*
30	*g*	*Sugar*
1		*Egg yolk*
1-2	*tbsps*	*Water*
1	*tsp*	*Butter or margarine for greasing the pan*
750	*g*	*Curd, 20% fat content*
300	*g*	*Sugar*
3		*Egg yolk*
1	*pck.*	*Pudding powder vanilla (40 g)*
125	*ml*	*Milk*
30	*g*	*Raisins, washed*
4		*Egg white*

Preparation

1. Mix flour and baking powder. Add butter, sugar, egg yolk and water, knead with a handheld blender. Cover the dough and stand in a cool place for 30 minutes.
2. Grease the pan, roll the dough and place into the pan. Slightly pull up an edge. Pierce the dough with a fork several times, pre-bake the dough on the low rack.

11-14 Min. 30P/230°C

3. Mix the curd, sugar, egg, pudding powder, milk and raisins.
4. Beat egg white until stiff, carefully fold in. Evenly spread the curd mixture onto the dough. Place onto the low rack and bake.

32-35 Min. 30P/160°C

5. Let the cheese cake cool off, remove from baking pan.

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Cakes, Bread, Desserts and Drinks

France

Pear Tart

"Tarte aux poires" *makes about 12-14 servings*
Total cooking time: approx. 18-23 minutes.
Utensils: Round baking pan (dm. approx. 28 cm)
Bowl with cover (2 l contents)
Small bowl with cover

Ingredients

150	g	Flour
75	g	Butter or margarine
30	g	Powdered sugar
1	pinch	Salt
1		Egg
1	tsp	Butter or margarine for greasing the pan
250	ml	Milk
1	pinch	Salt
2		Egg yolk
20	g	Sugar
1/2	pck.	Vanilla sugar (5 g)
1	tbsp	Food starch
540	g	Pears from a jar, drip dried
120	g	Gooseberry jam
1	tbsp	Candied fruits
1	tbsp	Shaved almonds

Preparation

1. Knead flour, butter, powdered sugar, salt and egg yolk with the kneading attachment of a handheld blender to form a dough. Cover and place in a cool place for 30 minutes.
2. Grease the baking pan. Roll the dough and place into the pan. Pull up the edges. Pierce the dough several times with a fork.
   Place onto the low rack and bake.

9-11 Min.		30P/230°C
5-7 Min.		230°C

3. Remove the dough from the baking pan, set onto a backing rack to cool completely.
4. Put milk and salt into a bowl, cover and heat.

approx. 2 Min.		100P

5. Stir the egg yolk, sugar and vanilla sugar, until it forms a light-colored cream. Add the starch, mix well. Slowly add the hot milk. Pour this mixture back into the bowl, cover and heat. Stir occasionally and after cooking is finished.

1-2 Min.		100P

6. Baste the dough with the cream. Evenly place pears on top. Put gooseberry jam into the small bowl, cover and heat.

approx. 1 Min.		100P

7. Sprinkle over pears, garnish with the candied fruits and shaved almonds.

   Tip:
   You should place the cream and pears on the dough only shortly before serving, otherwise it might soak up the moisture.

Germany

Four-Fruit-Cake

makes about 12-16 servings
Total cooking time: approx. 18-25 minutes.
Utensils: Round fruit cake pan (dm. approx. 28 cm)
Two bowls with cover (2 l contents)

Ingredients

75	g	Butter or margarine
75	g	Sugar
1	tsp	Vanilla flavor
2		Eggs
150	g	Flour
1	tsp	Baking powder (3 g)
4	tbsps	Milk
1	tsp	Butter or margarine to grease the pan
150	g	Almond paste base
1/2	pck.	Pudding powder vanilla (20 g)
2	tbsps	Sugar (20 g)
250	ml	Milk
1		Onions (100 g), in slices
50	g	Seedless grapes, cut in half
150	g	Mandarin-Oranges, from a jar, drip dried
100	g	Peaches, sliced, from a jar, drip dried
1	pck.	Glazing powder (11 g), clear
250	ml	Clear fruit juice

Preparation

1. Beat butter, sugar, vanilla flavor and egg yolk with a handheld blender for about 3 minutes until creamy. Mix flour and baking powder. Alternately mix flour and milk into the butter mixture.
2. Grease the pan and spread the dough evenly into the pan. Place on the low rack and bake.

10-12 Min.		30P/230°C
2-3 Min.		230°C

   Remove the cake from the baking pan and let it cool of.
3. Roll out the almond paste base between two foils, to the size of the cake bottom. Place on top of the cake bottom
4. Add pudding powder, sugar and milk into bowl. Stir until it is free of clumps, cover and cook. Stir occasionally and after cooking is finished.

3-4 Min.		100P

5. Baste the pudding onto the cake bottom. Evenly distribute the fruit on top.
6. Dissolve the glazing powder in fruit juice, pour into bowl and cook. Stir occasionally and after cooking is finished.

4-6 Min.		50P

   Distribute the glaze over the fruit, let it cool off.

   Tip:
   The almond paste will have a more intensive flavor, if you let the torte rest for a few hours.

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Cakes, Bread, Desserts and Drinks

Germany

Curd Puff Pastries

makes about 12 servings
Total cooking time: approx. 14-16 minutes.
Utensils: Baking pan (dm. approx. 30 cm)
greaseproof paper

Ingredients

200	g	Flour
1	tsp	Baking powder (3 g)
200	g	Low-fat curd
200	g	Butter
1	pinch	Salt
		Jam for filling
1		Egg white
1		Egg yolk
1	tbsp	Water
		Powdered sugar

Zubereitung

1. Mix flour and baking powder. Add low-fat curd, butter and salt, knead with the kneading attachment of a handheld blender to make a dough. Cover the dough and place in a cool area for 30 minutes.
2. Roll half of the dough on a floured surface about 1/2 cm thick. Cut the dough into 6 squares (about 12x12 cm), place one teaspoon of jam into each center.
3. Baste the edges with egg white and fold to form a triangle.
4. Cover the backing pan with greaseproof paper. Mix egg yolk and water, baste the pastries with this mixture and place on baking pan. Bake on the low rack in the pre-heated microwave oven.

   14-16 Min. 230°C

   After cooling, dust with powdered sugar.

5. Prepare the other 6 puff-pastry squares and bake.

   Tip:
   Also try other fillings, e.g. nuts, almonds, almond paste, curd, whole fruits, fruit stew or hearty fillings.

Austria

Gugelhupf

makes about 16 servings
Total cooking time: approx. 23 minutes.
Utensils: Gugelhupf pan (dm. approx. 22 cm)

Ingredients

1	tsp	Butter or margarine to grease the pan
170	g	Butter or margarine
140	g	Powdered sugar
4		Egg yolk
40	g	Almond slivers
40	g	Raisins, washed and some shredded Lemon rind
4		Egg white
280	g	Flour
1	pck.	Baking powder (15 g)

Preparation

1. Grease the Gugelhupf pan.
2. Beat butter and powdered sugar with a handheld blender until creamy. Slowly add egg yolk. Add almond slivers, raisins and the shredded lemon rind. Mix well.
3. Beat egg whites until they are stiff and carefully fold in. Mix flour and baking powder, sieve and carefully fold in.
4. Fill dough into the baking pan and bake on low rack. (This recipe will make about 0.9 kg).

   INSTANT ACTION "Cake"

Spain

Almond Cake

"Tarta de almendras" *makes about 12 servings*
Total cooking time: approx. 26-30 minutes.
Utensils: Spring form (dm. approx. 24 cm)

Ingredients

2		Puff pastry sheet (200 g) frozen
1	tsp	Butter or margarine to grease the pan
100	g	Butter or margarine
100	g	Sugar
		Shredded skin of one lemon
4		Eggs
1/2	tbsp	Cinnamon
200	g	Almond powder

Preparation

1. Thaw the puff pastry according to package directions. Grease the pan.
2. Roll the dough to the size of the baking pan and place into the pan. Pierce dough several times with a fork and place on the low rack in the pre-heated microwave oven.

   8-10 Min. 230°C

3. Beat butter and sugar with a handheld blender until creamy. Add eggs slowly, one at a time, keep mixing. Add shredded lemon rind and cinnamon. Slowly add almonds.
4. Distribute almond mixture evenly on puff pastry, bake on low rack.

   18-20 Min. 200°C

5. Sprinkle with powdered sugar and serve.

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Cakes, Bread, Desserts and Drinks

Spain

Biscuit Roll "Gypsy's Arm"

"Brazo gitano" *makes about 8-10 servings*

Total cooking time: approx. 14-16 minutes.
Utensils: Square pan (approx. 24x24 cm)
greaseproof paper
Bowl with cover (2 l contents)

Ingredients

3		*Eggs*
90	*g*	*Sugar*
90	*g*	*Flour*
1	*tsp*	*Baking powder (3 g)*
250	*ml*	*Milk*
1		*Cinnamon stick*
		Peel of one lemon
75	*g*	*Sugar*
2	*tbsps*	*Food starch (20 g)*
2		*Egg yolk*
2	*tbsps*	*Powdered sugar (20 g)*

Preparation

1. Beat eggs and sugar with a handheld blender until creamy, until air bubbles rise. Mix flour and baking powder, sieve and carefully fold in.
2. Cover the baking pan with greaseproof paper, pour the dough into the pan and bake on the low rack in the pre-heated oven.

   10-12 Min. 30P/200°C

3. Place the biscuit cake onto a slightly wet kitchen towel, sprinkled with sugar. Carefully remove the baking parchment and immediately roll up the biscuit, starting on one side, with a kitchen towel.
4. 200 ml milk with the cinnamon stick, lemon peel and sugar into a bowl, cover and heat.

   approx. 2 Min. 100P

5. Mix the rest of the milk with the food starch and the egg yolk. Remove lemon and cinnamon stick from the milk and mix in the food starch mixture. Cover and cook. Stir occasionally and after cooking is finished.

   approx. 2 Min. 100P

6. Unroll the biscuit roll, baste with the Crème and carefully roll back up. Dust with powdered sugar.

Austria

Linzer Bakeries

makes about 70 cookies

Total cooking time: approx. 8-10 minutes.
Utensils: Round Baking pan (dm. approx. 30 cm)
greaseproof paper

Ingredients

280	*g*	*Flour*
210	*g*	*Butter*
100	*g*	*Sugar*
100	*g*	*Almonds, with peel, powdered*
1		*Egg yolk*
25	*ml*	*Lemon juice (1/2 lemon)*
		Some cinnamon

Preparation

1. Knead all ingredients into a short crust dough, place in cool area for 1/2 hour.
2. Roll the dough to about 3 mm thickness, cut out round shapes of about 5 cm diameter. Place 12 cookies on a baking pan covered with greaseproof paper. Bake on the low rack in the pre-heated oven.

   8-10 Min. 200°C

   Let cool after baking.
   Remove from the greaseproof paper only when cookies are completely dry.
3. Prepare the next 12 cookies and bake, and so on.

   Tip:
   These cookies are very decorative, if you dip one half of each cookie into melted semi-sweet chocolate.

Austria

Chocolate with Cream

"Schokolade mit Schlagobers" *makes 1 serving*

Total cooking time: approx. 1 minute
Utensils: Large cup (200 ml content)

Ingredients

150	*ml*	*Milk*
30	*g*	*Block chocolate, shredded*
30	*ml*	*Heavy whipping cream*
		Chocolate granules

Preparation

1. Pour milk into cup. Add block chocolate to the milk, stir and heat.
   Stir occasionally during heating.

   approx. 1 Min. 100P

2. Beat cream until stiff, place on top of chocolate, garnish with chocolate granules and serve.

Austria

Vienna Milk Coffee

makes 1 serving

Total cooking time: approx. 1 1/2-2 minutes
Utensils: Large cup (200 ml content)

Ingredients

1		*Egg yolk*
1	*tbsp*	*Sugar*
75	*ml*	*Milk*
75	*ml*	*Water*
2	*tsps*	*Instant coffee*
20	*ml*	*Rum*

Preparation

1. Add all ingredients except rum into cup, stir well. Heat, stirring once during cooking.

   1 1/2-2 Min. 100P

2. Add rum to the hot drink.

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Cakes, Bread, Desserts and Drinks

Netherlands

Fire Drink

"Vuurdrank" *makes 10 servings*
Total cooking time: approx. 8-10 minutes
Utensils: Bowl with cover (2 l contents)

Ingredients

500	*ml*	*White wine*
500	*ml*	*Red wine, dry*
500	*ml*	*Rum, 54 Vol.-%*
1		*Untreated Orange*
3		*Cinnamon sticks*
75	*g*	*Sugar*
10	*tsps*	*Kluntjes (Rock sugar)*

Preparation

1. Pour alcohol into a bowl. Thinly peel orange, add orange peel, cinnamon and sugar to the alcohol. Cover and heat.

8-10 Min.		100P

Remove the orange peel and the cinnamon.
Place one teaspoon rock sugar into each Grog glass, pour Fire Drink on top and serve.

Great Britain

Raspberry Jam

Raspberry Jam *makes 30 servings*
Total cooking time: approx. 11-13 minutes
Utensils: Bowl with cover (2 l contents)
Jam glasses
preserving film

Ingredients

500	*g*	*Raspberries*
250	*g*	*Preserving sugar (2:1)*

Preparation

1. Wash raspberries, mix, cover and heat.

4-5 Min.		100P

2. Stir, cover again and cook.

7-8 Min.		50P

3. Thoroughly clean jam glasses, fill with jam and immediately close with preserving film.

Tip:
You can also use a frozen and thawed fruits.

Switzerland

Apple Chutney with Raisins

makes 30 servings
Total cooking time: approx. 22-28 minutes
Utensils: Bowl with cover (2 l contents)
Small canning or jam glasses
preserving film

Ingredients

4		*Hard apples (500 g), peeled and diced*
1		*Zucchini (200 g), diced*
3		*Onion (150 g), finely chopped*
50	*g*	*Plums, dried and pitted*
250	*g*	*Raisins*
1	*tsp*	*Juniper berries*
		Salt
		Black pepper, ground
150	*ml*	*White wine*
100	*ml*	*Apple vinegar*
250	*g*	*Sugar*

Preparation

1. Place all ingredients except sugar into a bowl, cover and heat. Stir once during cooking.

9-11 Min.		100P

2. Mix sugar and fruits, cover and continue to cook. Stir occasionally and after cooking is finished.

3-5 Min.		100P
10-12 Min.		50P

3. Clean and dry glasses thoroughly. Fill glasses with chutney and immediately close with preserving film.

Tip:
This chutney is great when served with meat fondue, baked meat and rice dishes.

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SPECIFICATIONS

AC Line Voltage		: 220 V, 50 Hz, single phase
AC Power required:	Microwave	: 1.5 kW
	Grill	: 2.6 kW
	Grill/Microwave	: 2.7 kW
	Convection	: 2.6 kW
	Convection/Microwave	: 2.85 kW
Output power:	Microwave	: 850 W (IEC 60705)
	Grill heating elements	: 1.2 kW (600 W x2)
	Convection	: 1.35 kW
Microwave Frequency:		: 2450 MHz (Group 2/Class B) *
Outside Dimensions:	R-960N	: 550 mm (W) x 368 mm (H) x 537 mm (D) **
	R-990N(S)	: 550 mm (W) x 368 mm (H) x 535 mm (D) **
Cavity Dimensions		: 375 mm (W) x 272 mm (H) x 395 mm (D) ***
Oven Capacity		: 40 litres ***
Turntable		: ø362 mm, ceramic
Weight		: 23 kg
Oven lamp		: 25 W/240 - 250 V

* This Product fulfils the requirement of the international standard CISPR11.
In conformity with this standard, this product is classified as group 2 class B equipment.
Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for heating treatment of food.
Class B equipment means that the equipment suitable to be used in domestic establishments.

** The depth does not include the door opening handle

*** Internal capacity is calculated by measuring maximum width, depth and height.
Actual capacity for holding food is less.

As part of a policy of continuous improvement, we reserve the right to alter design and specifications without notice.

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GUARANTEE

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1. The guarantee shall apply to the product, provided the product is still owned by the original purchaser and provided further that it was purchased in and is retained for use in the Republic of South Africa, Swaziland, Lesotho, Botswana, South West Africa (Namibia) and all territories formerly falling within the boundaries of the Republic of South Africa (as constituted on 31 May 1961).
2. At any time within 2 (two) years from the date of invoice issued to the original purchaser, the Company shall, at its election, repair or replace, entirely free of charge as its own branch or authorised service dealer, any part in the product found to be defective by such Company branch or authorised service dealer. If the original purchaser resides in an area situated beyond a 50 kilometer radius from the nearest Company branch or authorised service dealer, all travelling expenses incurred by the Company in connection with repair or replacement of the product shall be for the original purchaser's account.
3. It is a condition of this guarantee that the Company shall not be responsible for any transportation, labour, material or any other costs not specified in the clauses contained herein.
4. Installation, operation, maintenance and servicing of the product must be carried out in accordance with the Company instructions as contained in this booklet or in the product packaging, and any failure to do so will render the guarantee null and void.
5. The Company shall not be responsible for damage to the product resulting from: incorrect voltages or faults in the electrical power supply system; general misuse or abuse of the product; failure to use the product for the purpose for which it was designed; fire, flood, war, civil disturbances, strikes, lookouts, acts of God, acts of Government or quasi-Government, or any other cause beyond the reasonable control of the Comapny.
6. The Company shall not accept any responsibility or liability for any loss suffered by or damage of any kind caused to the original purchaser or any other person by or due to failure of operation or malfunction of the product or for consequential damage of whatsoever nature, whether such loss, damage or consequential damage was suffered by the original purchaser or any other person.
7. Should the product be worked on by anyone other than a Company branch or authorised service dealer or be found to contain any component parts or accessories other than product component parts or accessories, this guarantee will become null and void.
8. The defacement or removal of the nameplate and/or serial number from the product will render the guarantee null and void.
9. The guarantee does not apply to light bulbs or fuses nor to vitreous enamelware or other similar finishes nor to external cables and plugs where the length of life depends on the amount of use and care given.
10. Save as set out in this guarantee, no terms, conditions, provisions, representations or statements (whether express or implied) shall be of any force or effect whether made prior to, on, or subsequent to the date of original purchase, unless the same shall have been confirmed in writing by the Company.
11. Failure to submit the guarantee Registration Certificate (contained herein or in the product packaging) within a period 30 (thirty) days of date of original purchase, or to produce documentary proof of ownership and date of original purchase prior to guarantee repair and/or replacement of any defective part being carried out by the Company, will render the customer liable for all costs incurred by the Company inclusive of parts, repairs, labour, travelling and transportation even if the product still falls within the period of guarantee cover. The same condition will apply in respect of service calls where the product is found to be free from defects in material or workmanship.
12. This undertaking is given in lieu of any liability of the Company at common low, whether in respect of patent and/or latent defects, express and/or implied representations or guarantees and/or in contract and/or in delict and/or otherwise, and any such liability is hereby expressly excluded.

Microwave-Special Conditions

Failure to observe the following conditions will forthwith render the guarantee null and void:

(i) Metal or tinfoil objects must not be placed in the oven.
(ii) The oven must not be operated if the oven is empty.
(iii) No object must be placed on top of the oven.
(iv) Abrasive and harsh cleaners must not be used. Hot water and mild detergent are sufficient.
(v) This product is not suitable for commercial or laboratory use.
(vi) In the unlikely event of failure please route your service call through your service dealer. Alternatively contact one of the Company branches.
(vii) In the event of repair or replacement of defective parts being necessary, the product should be delivered to the nearest service dealer.

* THIS GUARANTEE IS APPLIED ONLY IN THE REPUBLIC OF SOUTH AFRICA, SWAZILAND, LESOTHO, BOTSWANA, SOUTH WEST AFRICA (NAMIBIA) AND ALL TERRITORIES FORMERLY FALLING WITHIN THE BOUNDARIES OF THE REPUBLIC OF SOUTH AFRICA (AS CONSTITUTED ON 31 MAY 1961).

SHARP

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SHARP CORPORATION OSAKA, JAPAN

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